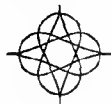




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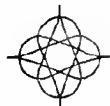


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# THE BRIDE'S COOK BOOK

*Published by the*

WOMEN'S CIVIC CENTER CLUB  
HUTCHINSON, KANSAS



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We dedicate this book to the brides and newcomers of the year to whom we extend our congratulations and best wishes. We trust that the recipes found herein may be helpful and the book prove to be an inspiration to all who receive it.

We invite your attention and recommend for your patronage the firms advertising herein who have made this gift possible.

We gratefully acknowledge our appreciation to all who have in any way contributed to this book.

THE WOMEN'S CIVIC CENTER CLUB



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# Meal Planning

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# MENUS

## Breakfasts

- 1  
Orange Juice  
Dried Cereal, Milk  
Poached Eggs on Toast  
Coffee or Tea
- 2  
Steamed Figs  
Broiled Fish  
Corn Bread      Honey  
Coffee or Chocolate
- 3  
Sliced Oranges  
Oatmeal, Hot Milk  
Scrambled Eggs  
Toast      Jam  
Coffee
- 4  
Baked Apples  
Broiled Ham  
Bran Muffins  
Raspberry Jam  
Coffee
- 5  
Stewed Pears  
French Toast, Jelly, Syrup  
Coffee      Tea
- 6  
Sliced Pineapple  
Sausage  
Buckwheat Cakes, Syrup  
Coffee
- 7  
Stewed Dried Apricots  
Bran Flakes, Milk  
Grilled Ham and Eggs  
Coffee      Chocolate
- 8  
Grapefruit  
Fried Bacon  
Fried Apples  
Bran Muffins  
Coffee
- 9  
Chilled Canteloupe  
Bran Flakes, Milk  
Scrambled Eggs and  
Chicken Livers  
Toast, Coffee or Chocolate
- 10  
Sliced Peaches  
Corn Flakes, Milk  
Creamed Chicken on Toast  
Coffee      Bread      Chocolate
- 10  
Strawberries  
Puffed Rice, Milk  
Omelet  
Corn Bread      Coffee
- 11  
Stewed Rhubarb  
Fried Fish  
Cakes or Toast, Coffee

## Luncheons

- 1  
Pork Chops  
Apple Sauce      String Beans  
Doughnuts  
Tea
- 2  
Lamb Chops  
Cottage Cheese  
Peas      Sweet Potatoes  
Chilled Prunes      Cakes  
Coffee
- 3  
Veal Chops  
Stewed Tomatoes      Spaghetti  
Fruit Salad  
Tea
- 4  
Lamb Chops  
Celery, Mashed Turnips  
Potato Chips  
Romaine Salad  
With Hard-boiled Eggs  
French Dressing      Coffee
- 5  
Cold Duck  
Creamed Potatoes  
String Beans      Muffins  
Baked Apples      Spice Cake  
Tea
- 6  
Apples and Sausages  
(Baked Together)  
Bran Muffins      Tea  
Fruit Gelatine
- 7  
Creamed Sweetbreads on Toast  
Pineapple-Marshmallow-Nut Salad  
Coffee, Cream
- 8  
Steamed Brown Bread  
Baked Beans  
Tomato Salad  
Baked Apples      Tea
- 9  
Baked Tomatoes  
(Stuffed with Spaghetti)  
Peach Pie  
Iced Chocolate
- 10  
Fried Chicken  
Mashed Potatoes  
Waffles, Syrup  
Grapefruit      Coffee
- 11  
Cream of Asparagus Soup  
Chocolate Marshmallow Cake  
Coffee      Nuts
- 12  
Creamed Tuna Fish  
Baked Potatoes      Pickle  
Cucumber and Onion Salad  
Fruit Cake      Tea

## Dinners

- Bouillon  
Roast Leg of Lamb, Mint Sauce  
Mashed Potatoes  
Peas and Mushrooms  
Spiced Preserves  
Tomato Jelly Salad  
Apple Pie      Cheese  
Coffee
- Cream of Tomato Soup  
Baked Stuffed Fish  
Hollandaise Sauce  
French Fried Potatoes  
Escalloped Cauliflower  
Perfection Salad  
Caramel Custard with  
Whipped Cream  
Coffee
- Broiled Beefsteak  
Potatoes in Half Shell or  
French Fried Potatoes  
Escalloped Asparagus  
Vegetable Salad  
Ice Cream      Cake  
Coffee
- Baked Ham  
Currant Jelly  
Candied Sweet Potatoes  
Southern Corn Pudding  
Vegetable Salad  
Steamed Pudding with Sauce  
Coffee
- Oyster Cocktail  
Veal Loaf with Mushroom Sauce  
Potatoes au Gratin  
Buttered Asparagus  
Ginger Ale Salad      Cheese Straws  
Ice Cream      Cake  
Coffee
- Cream of Corn Soup  
Casserole of Chicken  
Sweet Potato Pudding  
Creamed Peas  
Spiced Peaches  
Green Gage Plum Salad  
Date Pudding      Coffee

# MENUS

## MEATLESS DINNER MENUS

Cream of Tomato Soup  
 Nut and Cheese Roast  
 String Beans  
 Cabbage Slaw  
 (No Vinegar; Use Lemon and Cream)  
 Figs in Syrup, Whipped Cream  
 (Small Bits Preserved Ginger in the Figs)  
 Seedless Green Grapes  
 (Grape Leaf Garnish, If Possible)  
 Boston Roast, with Tomato Sauce  
 Carrots and Peas, Lightly Creamed  
 Asparagus Salad, French Dressing  
 Pineapple Ice-Box Cake  
 Fruit Cocktail  
 Walnut Croquettes      Olives      Celery  
 Corn or Cauliflower or Asparagus  
 Beet Salad, Dressed with Lemon and Honey  
 Washington Pie  
 Melon, (Casaba, with Garnish of Lime Slices)  
 Rice Croquettes, Peanut Sauce  
 Casserole Sweet Potato and Pineapple  
 Egg Plant and Tomato, Baked  
 Apricot Whip, Cake

## LUNCHEON OR HOT WEATHER DINNERS

Fruit or Melon  
 Bean Timbales  
 Lettuce and Tomato Salad  
 Bread or Muffins  
 Fruit Gelatine as Cocktail  
 Bananas Sliced in Lettuce Cups  
 (Mayonnaise Dressing)  
 Succulent Vegetable Cooked  
 Dish Cottage Cheese, Garnished with Tart Jelly  
 Toasted Wafers  
 Buttered Potatoes      Cabbage Slaw  
 Cooked Carrots or Onions  
 Cocktail of Cantaloupe Balls and White Cherries  
 (All Marinated with Ginger Ale)  
 Cheese Souffle  
 Vegetable Salad in Lettuce Cups, French Dressing  
 Sandwiches or Muffins and Marmalade  
 Olives  
 Marble Cake with Orange or Lemon Sauce

## BUFFET SERVICE

### 1. Yellow and Green

Chicken Salad      French Fried Potatoes  
 Buttered Asparagus with Grated Carrots  
 Hot Buttered Rolls      Orange Marmalade  
 Peach Charlotte Russe  
 Coffee  
 Nuts      Candies

### 2. Valentine

Creamed Chicken in Heart Timbales  
 Stuffed Baked Potatoes  
 Beet Hearts in Head Lettuce Cups  
 Valentine Sandwiches  
 Frosted Cream Puffs  
 Coffee  
 Nuts      Candies

### 3. Pink and Lavender

Ham Timbales      Creamed Potatoes in Paper Cups  
 Pear Salad with Grape Cottage Cheese Balls  
 Hot Buttered Biscuit      Blackberry Jam  
 Strawberry Bavarian Cream  
 Lavender Divinity  
 Coffee

## DINNER MENUS

### Thanksgiving Dinner

Cream of Tomato Soup  
 Crackers      Celery      Salted Nuts  
 Roast Turkey, Giblet Gravy  
 Cranberry Jelly      Southern Sweet Potatoes  
 Onions in Cream      Baked Corn  
 Cabbage Salad  
 Suet Pudding with Hard Sauce  
 or  
 Mince and Pumpkin Pie  
 Raisins      Coffee      Candies

### Christmas Dinner

Consomme      Olives      Celery  
 Salted Nuts      Roast Goose      Currant Jelly  
 Potatoes in Half Shells  
 Creamed Onions      Mashed Turnips  
 California Special Salad  
 English Plum Pudding with Hard Sauce  
 Raspberry Ice Cream      Holly Cakes  
 Bon Bons      Coffee

## Appetizers

*"If nature did not give you that which is yours by right,  
Just nibble at these dainties to give you appetite."*

Appetizers should be prepared with great care and daintiness, in order that they may serve their purpose of tempting the appetite.

### CANAPE OF CAVIAR

Cut rounds of toast two inches in diameter and saute in butter until golden brown. Prepare whole grain caviar by seasoning with paprika, a few drops of lemon juice, finely minced onion, and one fourth the amount of caviar. Mix well. Cover the rounds of toast liberally with the caviar. Sprinkle with yolk of hard boiled egg put through a sieve. Decorate with small fancy shapes of white of egg and pimento. Sprinkle with paprika.

### KNICKERBOCKER STUFFED CELERY

1 cream cheese  
2 tablespoons ripe olives cut fine  
1 tablespoon pistachio nuts cut fine  
1 tablespoon salt  
Few grains cayenne pepper

Mix together cheese, olives, pistachio nuts, salt and cayenne pepper. Add cream, if necessary to make packing consistency. Separate celery and clean thoroughly. Fill hollows of small tender stalks with cheese mixture. Serve as relish or on plate of Hors d'oeuvres, as desired.

### TOASTED CHEESE WAFERS

Spread wafers with pimento cheese. Place in moderate oven until slightly browned. Sprinkle with paprika and press a slice of stuffed olive in the cheese, on the center of each wafer.

### CHEESE STRAWS

1 teaspoon mustard  
1 teaspoon salt  
 $\frac{1}{2}$  cup flour  
1 cup grated cheese

4 tablespoons water

$\frac{1}{4}$  cup butter

Roll rather thin and cut in strips and bake in moderate oven.

### CHEESE STRAWS

1 cup Bluhill cheese  
1 cup flour  
1 tablespoon butter  
 $\frac{1}{2}$  teaspoon salt

Mix to a paste with ice water, roll very thin and cut in strips, prick with a fork and bake a light brown.

### CHEESE CARROTS

Mix two parts pimento cheese with one part yellow cream cheese. Mold into carrot shapes. Add sprig of parsley for top. Garnish luncheon plate with one or two of these.

### FRUIT COCKTAIL

1 cup of white grapes halved and seeded  
1 cup diced orange pulp  
1 cup diced pineapple  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{2}$  cup pineapple syrup

Add pinch of salt and sweeten to taste.

### OYSTER OR CLAM COCKTAIL

4 tablespoons tomato catsup  
1 teaspoon Worcestershire sauce  
1 tablespoon grated horseradish  
1 drop tabasco sauce  
 $\frac{1}{4}$  teaspoon paprika  
 $\frac{1}{4}$  teaspoon salt  
1 tablespoon lemon juice or vinegar

Mix well and chill before serving over oysters or clams.

## LOBSTER COCKTAIL

Cut the lobster into small pieces; mix well with tomato catsup, lemon juice and salt.

## GRAPE FRUIT COCKTAIL

Cut the grape fruit into halves, and scoop out the pulp. Clean the shells; cut the edges with a sharp knife into scallops and place in cold water. Set the pulp on the ice, and at serving time fill the shell with the pulp which has been thoroughly mixed with powdered sugar and white grapes, if desired, and place a maraschino cherry or a bit of bright colored jelly in the center of each.

## MIXED FRUIT COCKTAIL

Cut into small pieces as many different kinds of fruit as you have in the house; sweeten to taste and set on the ice to chill. At serving time fill the cocktail glasses and place a maraschino cherry or ripe strawberry on the top of each.

Fresh or canned pineapple is one of the most refreshing fruits for cocktails. Also grapefruit with a little cranberry sauce added to it.

## CHILLED GRAPE FRUIT COCKTAIL

- 1 level teaspoon Gelatine
- 2 tablespoons cold water
- 2 cups grape fruit pulp
- $\frac{1}{2}$  cup orange pulp
- $\frac{1}{2}$  cup pineapple pulp
- 1 cup sugar

Just a little sprinkle of salt.

Soak gelatine in cold water; then dissolve in boiling water or fruit juice. When thoroughly dissolved add the fruit which has been sweetened to suit the taste, and set away to cool.

## COCKTAIL

- 1 cup diced cantaloupe
- 1 cup diced watermelon
- 1 cup diced pineapple
- $\frac{1}{2}$  cup orange juice
- 4 tablespoons lemon juice
- $\frac{1}{2}$  cup water
- 2 tablespoons sugar

Boil sugar and water for 2 minutes. Cool and add the fruit juices.

Mix well and chill before serving.

## CHILLED MELON BALLS

- 1 large canteloupe
- 1 Honeydew melon
- 3 lbs. watermelon
- $\frac{1}{2}$  cupful orange juice
- $\frac{1}{2}$  cupful sugar

With a cutter especially designed for making small round balls, cut enough to fill one quart jar. Dissolve sugar in orange juice and pour over melon. White grape juice may be used instead of orange juice. Place lid on jar and toss gently until all balls are well marinated with juice. Store in cold place and at serving time arrange in sherbert glasses and serve as an appetizer. If task of making balls is difficult the melons may be cut in cubes. Serves 6.

## OLIVES IN BLANKETS

No. 1.

Remove seed from large green olive and replace with almond meat.

Roll into dainty slice of bacon; held together with tooth pick (Remove before serving) Place these in pan and broil until brown and then turn them over and brown on other side. Watch carefully and do not cook too long.

No. 2.

Olive dainties are made by rolling stuffed olives in pie crust and fry in hot fat until brown.

No. 3.

Another sweet dainty is made by rolling dates in pie crust and fry in hot fat and then roll them in sugar. A basket should be used in making these.

# Soups

*"Who riseth from a feast  
With that keen appetite that he sits down."*

Soups have the added advantage of being economical. They permit left overs to be used in a very palatable manner. Almost any kind of meat, fish, fowl, cereal and vegetable can be used in soup. The inexpensive cuts of meat are especially suitable. Clear soups are served before heavy dinners, thick soups should be served at luncheon or at a light meal.

## CREAM OF CORN SOUP

- 1 can corn, or 2 cups fresh corn
- 2 cups boiling water
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon celery salt
- $2\frac{1}{2}$  tablespoons flour
- 3 tablespoons butter
- 2 cups milk
- 1 cup cream

Rub corn through sieve, add the water, salt and celery salt, pinch of white pepper. Simmer slowly. Blend the melted butter, flour and milk together carefully and cook five minutes, stirring constantly. Combine mixtures and just before serving add the cream, whipped.

## POPPED CORN IN SOUP

Sprinkle fresh buttered popped corn in cream of corn soup just before serving.

## LOUISIANA CREOLE GUMBO

- 1 young chicken
- 3 slices bacon
- 1 onion
- 1 sweet pepper
- 1 quart okra, or
- 1 can cut okra drained dry
- 3 or 4 tomatoes
- 1 tablespoon flour
- Bacon fryings

Cut chicken up into small pieces, smaller than for frying, then fry in bacon grease in large iron frying pan. In another pan at the same time fry the bacon, the okra and onion, the okra cut into thin round slices, and the onion chopped. Add to the chicken, then stir in the chopped tomatoes, peppers, add two quarts boiling

water, salt to taste. Let cook slowly three hours, then add half a cup of washed rice, cook another hour and serve very hot. Westerners who do not like okra any other way are enthusiastic over this

## CHILIAN CHICKEN SOUP

The following is what you may expect when ordering chicken soup in a Chilean hotel: Broth, rice, about two inches corn on the cob, small potato and a bit of carrot. This is all served in the soup bowl. Very good.

## MILK OYSTER SOUP

- 1 quart oysters
- 1 quart milk
- 1 cup cream
- $\frac{1}{3}$  cup butter
- $\frac{1}{3}$  cup flour
- $\frac{1}{3}$  teaspoon curry powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

## METHOD

Heat milk and cream in double boiler. Carefully pick over oysters and wash thoroughly. Strain liquor and melt butter, add flour butter and condiments to oyster liquor and stir until well blended. Now pour on gradually the heated milk and cream, stirring constantly. Bring all to boiling point then simmer for five minutes, drop in oysters and cook until the heat has fluted each oyster. Serve hot. Intense heat or long boiling toughens the oysters.

**PUREE OF PEA SOUP**

- 1 can peas
- 1 teaspoon salt
- Few grains pepper
- 2 cups whole milk
- 2 tablespoons flour
- 2 tablespoons butter
- Onion juice as desired

Simmer peas, with liquid and onion juice 20 minutes. Run through sieve. Add mixture to thin cream sauce made of the flour, milk and butter. Season more if desired? Serve *hot* with teaspoon whipped cream on top each dish. This method may be followed in making asparagus, corn, celery or any vegetable soup.

**POTATO SOUP**

- 4 medium sized potatoes
- 1 medium sized onion
- 1 teaspoon salt
- 2 cups milk
- 3 tablespoons butter
- 1 tablespoon flour

Slice potato and onion, cover with 4 cups water and cook slowly until done. Rub through sieve. Add the butter and salt, milk and flour which should be blended with a little of the milk. Cook together five minutes.

**CHILLED TOMATO CONSOMME**

Cook together (15 minutes)

- 1 large can of tomatoes
- 1 stalk celery
- ½ bay leaf
- ½ onion
- Add 1 cup beef or chicken stock
- 1 envelope of gelatine

Season to taste. Strain, pour in bouillon cups and place in refrigerator. When set, powder in the chopped parsley.

**VEGETABLE SOUP**

- 3 potatoes
- 3 onions
- 1 carrot
- 6 stalks of celery
- 1 mango pepper
- 1 pint of tomatoes

Add to two quarts stock, after boiling 1 head of cabbage and ham together.

**VEGETABLE SOUP WITHOUT MEAT**

(4 servings)

- ⅓ cup carrots
- ⅓ cup peas
- ½ cup celery
- 1½ cup potatoes
- 1 quart water
- 5 tablespoons butter
- ½ tablespoon chopped parsley salt

Mix all vegetables except potatoes. Cook mixed vegetables ten minutes in three tablespoons butter. Add potatoes and cook for five minutes longer. Add water. Cover and cook one hour. Beat with fork to break up vegetables. Add remaining butter and parsley.

**DROP DUMPLINGS**

- 1 egg
- 1 cup milk
- ¾ teaspoon salt
- 2 teaspoons baking powder
- 2 cups flour

Beat the egg, add milk and flour which has been sifted with the salt and baking powder. The batter should be stiff enough to drop in chunks from a spoon. Drop in small portions in boiling broth, soup or gravies, cover tightly and cook ten minutes.

**DROP DUMPLINGS**

2 cups of flour  
2 level teaspoons baking powder  
½ teaspoon salt  
1 cup of milk

Sift the dry ingredients together and add the milk. Drop in small spoonfuls into the boiling water in which the beef or chicken is cooking and allow to boil 15 minutes without a cover. Then put the cover on and boil for 10 minutes more. Makes about ten dumplings. Can be easily divided for less amount.

**NOODLES**

1 egg  
½ teaspoon salt  
1 tablespoon cream  
1 level teaspoon baking powder  
Flour for very stiff dough

Beat egg well, add salt and cream and stir in flour and baking powder. Mix quite stiff and roll very thin and let dry. Roll and cut and cook 20 minutes in chicken or beef broth.

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*Where You May Shop With Pleasure and Satisfaction*



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*Florist*



Greenhouses: 521 Eleventh East, Phone 610

*"Say It With Flowers"*

Hutchinson, Kansas



## Entrees

*"In debating which was best  
we shall part with neither."*

An entree may be rich and it is always highly seasoned. It should be so prepared that it may be easily eaten with a fork. Protein foods, as eggs, cheese, fish, oysters or similar dishes and vegetables—unusual in kind or cooked in unusual ways—are most frequently used. A carefully chosen sauce may accompany an entree. It may be served as an accompaniment or as part of the dish itself.

### SAUTED BANANAS

6 medium sized, not too ripe bananas  
1 egg—well beaten  
Cracker crumbs

Peel, and cut bananas lengthwise. Dip into the well-beaten egg, and then into the cracker crumbs. Saute in butter until bananas are well browned. Serve hot.

### BEAN TIMBALES

Soak 1 cup dried beans over night. When cooked tender mash to a pulp. Add  $\frac{1}{4}$  onion chopped fine and two beaten eggs and season. Line custard cups or timbale molds with waxed and greased paper. Fill with bean mixture to inch of top and bake  $\frac{1}{2}$  hour in moderate oven. Turn on hot platter and remove paper. Serve with tomato sauce.

### TOMATO SAUCE

1 can tomatoes put through sieve  
2 tablespoons butter blended with  
2 tablespoons flour

Heat tomatoes and pour into flour and butter. Season with salt and celery salt. Cook 5 minutes.

### CORNEB BEEF PUFF

2 parts mashed potato  
1 part corned beef  
 $\frac{1}{2}$  cup grated cheese

Shred corned beef very fine and whip into potato, which has been well seasoned. Beat until foamy. Put into a shallow buttered dish or pan. Sprinkle cheese over top and broil under flame until brown.

### CHEESE AND RICE CROQUETTES

$\frac{1}{2}$  cup raw rice  
 $\frac{3}{4}$  cup grated cheese  
 $\frac{1}{4}$  cup cracker crumbs or more  
2 egg yolks  
salt  
pepper

1 teaspoon Worcestershire Sauce

Cook rice in salted water. Drain thoroughly. Add cheese, cracker crumbs, beaten yolks and seasoning. Form into croquettes. Dip in crumbs, egg, then crumbs and fry in deep fat. Serve at once with tart jelly.

### CHEESE AND RICE FRITTERS

1 cup boiled rice  
 $\frac{1}{2}$  cup grated cheese  
2 tablespoonfuls milk or melted butter  
2 teaspoonfuls flour  
1 egg

1 teaspoonful baking powder  
 $\frac{1}{2}$  teaspoonful salt

Drop by spoonfuls on well greased griddle. Have low blaze.

### CHILE

$1\frac{1}{2}$  lb. hamburger steak  
1 large Bermuda onion  
2 tablespoonfuls chile mixture  
1 can tomatoes (large)  
Small can of beans (Kidney)  
Grind onion; brown in 1 tablespoon bacon fat

Add 1 can tomatoes  
Salt to taste

Drop in meat, let cook until meat is done; add beans last and let them heat through.

**CHILE**

- 1 lb. chile beans
- 1 large can tomatoes
- 1 lb. ground suet
- 2 lbs. ground beef
- 1 bunch celery
- 1 large onion
- Salt and chile powder

Soak beans over night, drain off water, cover with fresh water and cook 1 hour; place suet, beef, celery and onion in skillet and fry for a few minutes, or until brown; add tomatoes and cook a few minutes; add cooked beans and simmer slowly for 3 hours; add chile powder and salt to taste, about 1 teaspoon salt and 1 tablespoon of powder.

**CHILI**

- 1½ lbs. ground round steak
- ¼ lb. ground suet

Render suet, then add meat and a bit of onion cut up, cook slowly 3 minutes, heat 1 medium sized can tomatoes and red kidney beans together, add to meat and season with:

- 4 tablespoons chili mixture
- 1½ teaspoons salt
- 2 teaspoons sugar
- 3 teaspoons vinegar

If too thick add hot water.

**CHILI**

- 2 cups brown kidney beans
- 1 quart can strained tomatoes
- 1½ lbs. ground beef (round steak)
- 1 medium size onion
- Lump of butter size of an egg
- 2 bay leaves and chili pepper
- 1 heaping tablespoon chili mixture

Soak beans over night and cook until tender. Cut onion fine and fry with meat in butter. Combine all and simmer thirty minutes.

**BROWN CHOW MEIN**

- ½ lb. any kind of lean meat
- 2 onions, chopped
- 2 cups celery, diced
- 1 small carrot, shredded
- 2 tablespoons Soy or Chop Suey sauce
- 1 tablespoon flour
- Seasoning to taste
- 1 can Chinese fried noodles
- ½ cup broth
- Lump of butter or fat

Chop the meat and fry in butter, stirring constantly until brown. Add onion, carrot and celery, continue cooking until very brown. Make a gravy of the broth, flour and seasoning. Combine with meat mixture. Serve on hot platter with the

noodles. Sliced hard-boiled eggs or small peas are delicious in chow-mein. Serve with the sauce. Almonds may be sprinkled on top.

**CHINESE CHOP SUEY**

- 1½ lb. pork chops
- 3 medium sized onions
- 1 large stalk celery
- 1 cup dried mushrooms
- 3 tablespoons Chinese sauce
- 1 heaping tablespoon cornstarch
- 1 level tablespoon sugar

Soak the mushrooms in a little cold water an hour, drain and cut out all stems and hard places. Trim meat from bones and cut into half-inch dice or short strips. Cut onions and celery into small pieces. Fry meat in iron pot over hot fire until brown, then add onions, next the celery, and last the mushrooms, stirring constantly. Smooth cornstarch and sugar in a cup of water, adding Chinese Sauce. Add to pot and stir until chop suey thickens.

Serve with boiled rice. More Chinese Sauce may be added at the table in place of salt.

Bean sprouts and bamboo (sold in cans) are sometimes added.

**FRENCH CHOP SUEY**

- Cook 1 box macaroni and drain
- 2 tablespoons butter
- 1 onion chopped fine (fry)
- 1 lb. hamburger (or round steak ground)
- Can tomatoes or 1 can tomato sauce

Cook 45 minutes stirring occasionally, season, place in alternate layers with cooked macaroni in casserole. Cover with ground cheese, bake ½ hour. Serves eight.

**CHICKEN MOUSSE**

- 1 cup white meat cooked and chopped
- 1 cup stock
- 3 egg yolks beaten and stirred lightly into the stock
- Add salt and few grains paprika

Cook in double boiler like custard. Just before removing from fire add one tablespoon granulated gelatine which has been softened in a little of the cold stock. Pour this custard over the chicken and stir over ice water till it begins to set, then fold in ½ pint cream whipped. Turn mixture into a mold to stiffen and serve garnished with parsley. Serve six or eight persons.

**CARACAS**

Good Sunday night dish cooked on electric chafing dish

Shred fine 2 or 3 ounces dried beef

1 cup tomatoes

¼ cup grated cheese

Few drops onion juice

Dash each of cinnamon and cayenne pepper

Melt 2 tablespoons butter in pan

Pour in mixture. When heated stir in 3 well beaten eggs.

Cook until creamy consistency, stirring constantly from bottom.

**CHEESE AND CORN SOUFFLE**

1 tablespoon butter

1 tablespoon chopped green pepper

½ cup flour

2 cups milk

1 cup corn

1 cup grated cheese

½ teaspoon salt

3 eggs

Melt butter—cook pepper add to white sauce, then corn and cheese, egg yolks. Beat whites stiff and fold in.

Bake in moderate oven thirty minutes.

**CHEESE SOUFFLE**

3 tablespoons butter

1 cup milk

3 eggs

Dash of red pepper

4 tablespoons flour

½ teaspoon salt

1 cup grated cheese

Stir butter and flour together over fire; add seasoning, milk and cheese. Stir until melted. Take from fire and add beaten yolks; fold in stiffly beaten whites and bake in buttered dish in moderately hot oven 20 to 30 minutes. Will serve six.

**CHEESE SOUFFLE**

2 tablespoons butter

2 tablespoons flour

½ cup scalded milk

½ teaspoon salt

3 eggs

Melt butter, mix flour; add milk, salt and cheese. Remove from fire and add beaten yolk. Cool and fold in whites. Put in buttered dish in slow oven 20 minutes.

**CHEESE SOUFFLE**

Rub 2 tablespoons butter and 1 tablespoon flour together

Add ½ cup milk

1 teaspoon salt

3 egg yolks, well beaten

1 cup grated cheese

Cook on top stove untill thick. Cool a

little and add beaten whites. Bake 20 minutes.

**CHEESE AND RICE CROQUETTES**

(Serves 6)

Make a white sauce of

3 tablespoons butter

4 tablespoons flour

1½ cups milk

Melt butter, blend flour; add milk and cook until thick.

To this white sauce add:

1 cup cooked rice

1 teaspoon salt

¼ teaspoon paprika

1 teaspoon finely chopped onion

1 teaspoon finely chopped green pepper

½ cup pimento cheese

1 egg yolk

Cook until cheese is melted. Cool, roll in balls. Dip in egg and cracker crumbs and fry in deep fat.

**ITALIAN VEGETABLE STEW**

3 tablespoons fat

3 medium sized onions

6 green peppers

2 cups canned tomatoes

2 teaspoons salt

1 teaspoon paprika

⅛ teaspoon white pepper

½ package spaghetti

Fry onion in fat, brown slightly, add peppers and cook about 10 minutes, add tomatoes and seasoning.

Stew until rather thick and well done, pour over boiled spaghetti.

**MACARONI AND HAM, EN CASSEROLE**

(Serves 6)

1 cup tomatoes

3 cups cooked macaroni

1 cup cooked diced ham

3 tablespoons butter

4 tablespoons flour

2 cups milk

½ teaspoon salt

¼ teaspoon paprika

½ cup cheese, cut fine

Melt the butter and add the flour. Blend and add the milk and cook until thick and creamy. Add the salt, paprika and cheese and stir until well mixed. Add macaroni and ham. Add tomatoes and pour into a shallow buttered baking dish. Bake in a moderate oven for 25 minutes. Serve in dish in which baked.

## BAKED MACARONI AND CHEESE

- 1 package macaroni cooked in boiling water
  - 1 cup grated cheese
  - 1 cup soft bread crumbs
  - $\frac{1}{2}$  cup melted butter
  - 2 teaspoons chopped parsley
  - 2 pimiento, cut in small pieces
  - 1 cup milk
  - 3 eggs
  - Salt and Pepper
- Mix and bake 20 or 25 minutes.

## MACARONI LOAF

- 1 cup cooked macaroni
  - 1 cup soft bread crumbs
  - 1 tablespoon butter
  - 1 tablespoon chopped green pepper
  - 1 tablespoon onion
  - 1 tablespoon parsley
  - $\frac{1}{2}$  cup cheese cut in small cubes
  - 3 eggs
  - 1 cup milk
  - Pinch of salt
- Bake about an hour in slow oven in pan set in hot water. Serve with tomato soup poured over. Serves six.

## MEAT AND POTATO LAYER

In a baking dish put a layer of mashed potatoes, dressed with butter, milk and salt. Next a layer of chopped meat seasoned with salt, pepper, parsley and a trace of onion. Then another layer of mashed potatoes. Bake  $\frac{1}{2}$  hour.

## MACARONI LOAF WITH TOMATO SAUCE

- $\frac{3}{4}$  cup cooked macaroni
- 1 cup milk
- 1 cup soft bread crumbs
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  cup grated cheese
- 2 tablespoons lemon juice
- 1 tablespoon chopped onion
- 3 eggs, well beaten
- 1 tablespoon salt
- A little pepper

Boil macaroni in boiling salted water until tender, drain and wash in cold water. Scald milk, add bread crumbs, butter, pepper, cheese, beaten eggs and macaroni. Bake in well-buttered pyrex dish 35 minutes. Turn loaf on platter and pour sauce over it.

### SAUCE

- 1 quart can tomatoes
- 1 small onion, cut fine

$\frac{1}{2}$  small red pepper

Cook all together well, strain and thicken with 1 tablespoon flour. This will serve ten portions.

## MACARONI AND CHEESE

- 1 cup cut macaroni
- 1 cup grated cheese
- $\frac{1}{2}$  cup cream

Cook macaroni in boiling salted water in double boiler. Drain and put with alternate layers of cheese in glass baking dish. Cover with cracker crumbs. Pour cream over top. Bake, covered until a nice brown.

## NUT ROAST

- 1 cup chopped English walnuts
- 2 cups bread crumbs
- 1 small onion, minced
- 2 tablespoons chopped parsley
- 2 tablespoons melted butter
- 2 well beaten eggs (one will do)
- Milk to moisten

Make into loaf in pan, cover with waxed paper. Bake 40 minutes, baste with water containing melted butter. Serve with creamed mushrooms.

## SPANISH NOODLES

- $\frac{1}{2}$  lb. round steak, ground
- 2 good sized onions
- 1 cup noodles, cooked
- $\frac{1}{2}$  can green peas
- 1 can tomato soup
- $\frac{1}{2}$  teaspoon salt, dash of pepper

Put into baking dish in layers; first one layer of noodles, then one of meat and onions, and so forth until all ingredients are used. Sprinkle crumbs on top. Baked in oven 30 minutes at 400°.

## NUT AND CHEESE ROAST

- 2 level tablespoons chopped onion
- 1 tablespoon liquid fat
- 1 level cup grated cheese
- 1 level cup chopped nuts
- 1 level cup soft bread crumbs
- Salt and pepper

Cook onion in the fat and a little water until tender. Mix all the ingredients and moisten with the water in which the onion was cooked. Pour into a shallow dish and bake in a moderate oven about 25 minutes.

## PANNED OYSTERS

Heat pan very hot, Put into it tablespoon butter, then the oysters (well drained). Cook until well browned. Have ready pieces of toast. Soften toast with liquor from pan. Place 3 or 4 oysters on each piece of toast. Pour over all rest of pan liquor. Sprinkle over all chopped parsley. Garnish with lemon.

## LITTLE PIGS

Try placing a little pig sausage in each biscuit before baking, fold over and serve hot. Excellent when potatoes are to be baked, also. Use apple corer to hollow out potato, put in sausage, place portion of potato over end and bake.

## SPANISH RICE

- 1½ cups of cooked rice
- 1 large can tomatoes
- 1 large green pepper
- 1 onion
- ¾ cup grated cheese
- 1 cup unsalted peanuts

Grind pepper, onion and peanuts. Mix all together and bake.

## RICE CROQUETTES

- 1 cup rice
- 1 quart milk
- 1 teaspoon salt
- 1 teaspoon onion juice
- 1 saltspoon pepper
- 4 egg yolks

Wash rice thoroughly and put in top of double boiler with milk. Cover and cook about 1 hour or until milk has been absorbed. Add salt, onion juice, pepper and egg yolks. Mix well and cool. Mould when cold, dip in egg beaten with 1 tablespoon of warm water; roll in bread or cracker crumbs and drop in deep hot fat.

## RICE CROQUETTES

Mix three small cups of boiled rice with beaten yolks of two eggs. Mold into croquettes, dip into the lightly beaten whites of eggs, roll in fine bread or cracker crumbs and fry in deep fat. Arrange on platter and when ready to serve pour over all a peanut sauce made as follows:

### PEANUT SAUCE

In a shallow pan heat tablespoonful butter, or oil and butter. Grate into it 1 small onion and fry until brown. Add a

heaping tablespoonful of peanut butter rubbed smooth in 1½ cup warm water (added gradually until the peanut butter is smooth). Cook all together gently for 15 minutes, stirring frequently. Add more water if necessary to give proper consistency. Pour hot over rice or other croquettes and serve instantly.

## SPANISH RICE

- 1 cup rice, wash and put in skillet with 1 tablespoon bacon fryings; heat and stir for few minutes then
- Add 2 cups boiling water
- 1 pint cooked tomatoes
- 1 onion, ground
- 1 slice smoked ham, ground
- Dash cayenne pepper
- Place in casserole and bake 1½ hours
- "More water can be added."

## SPANISH RICE

- 1½ cups rice
- 1 lb. sausage, browned
- 2 green peppers, boiled
- 4 medium onions, cooked
- Drippings of the meat
- 1 can tomatoes, strained (large can)
- 1 tablespoon sugar
- Mix and place in casserole to brown slightly and serve.

## SCALLOPED RHUBARB

- 2 cups rhubarb, cut in small pieces
- ½ cup sugar
- ⅛ lb. butter
- 3 cups bread crumbs, small pieces
- ½ cup seedless raisins

Melt butter and add to crumbs. Put layer in baking dish, then rhubarb and sugar and raisins. Repeat and cover top with crumbs. Bake in slow oven about an hour and serve warm with meat course.

## BOSTON ROAST

- 1 lb. can kidney beans or
- 1 level cup dried white beans cooked until tender
- 1 level cup grated cheese
- 1 level cup soft bread crumbs
- Salt and pepper if desired

Mash the beans or put through a chopper. Add the cheese, seasoning and bread stiff enough to be formed into roll. Bake in moderate oven 35 minutes, basting occasionally with butter and hot water. Serve with tomato sauce.

### TOMATO SAUCE

Cook 2 tablespoons of oil and butter with 1 rounded dessert spoonful of whole

wheat or white flour and a bit of **grated** onion, stirring often until the mixture is golden brown. Add 1 large cup of stewed tomatoes and a scant  $\frac{1}{2}$  cup of water. Season to taste and stir until it comes to a good boil. Then it is done. Good either hot or cold.

### MEXICAN RAREBIT

- 1 tablespoon butter
- $\frac{1}{2}$  lb. cheese
- $\frac{3}{4}$  cup corn
- 2 small pimientoes
- 2 egg yolks
- $\frac{1}{2}$  cup thick tomato juice
- 1 teaspoon flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon paprika

Melt butter, add cheese (cut fine), stir until melted. Add corn, pimientoes, eggs, tomato juice. Blend all together. Serve very hot on buttered toast.

### ITALIAN SPAGHETTI

- 1 lb. ground veal (or chicken)
- 1 medium sized garlic
- $\frac{1}{2}$  of ordinary size box spaghetti
- $\frac{1}{2}$  can of tomatoes (or 1 small No. 1 can)
- $\frac{1}{2}$  can peas

Fry meat and garlic in plenty of butter until brown and well done. Cook spaghetti in boiling salted water 15 to 20 minutes, drain, then mix all of the ingredients together and simmer 1 hour or longer and add salt and red pepper to taste.

### SPANISH SPAGHETTI

- 1 box spaghetti
- 1 lb. ground round steak
- 1 small can tomatoes
- 1 small can peas
- 1 small onion

Butter size of an egg  
Salt and chile powder to taste

Boil spaghetti in salt water until tender, drain and blanch. Sear ground round-steak and chopped onion in butter and place in baking dish with spaghetti and tomatoes. Add salt and chili mixture to taste and bake for an hour in slow oven. Add peas 10 minutes before serving.

### SPAGHETTI AND SAUSAGE

- $\frac{1}{2}$  package of spaghetti cooked in slightly salted boiling water for 20 minutes.
- Drain
- Mix spaghetti with 1 pound sausage and

- 1 small can of tomatoes

Flavor with chili mixture, salt and pepper to taste, put in buttered baking pan, cover with cracker crumbs and bake about 1 hour. This makes rather a large serving but is very nice warmed over.

### SEMOLINA SPAGHETTI SPECIAL

- 2 cups cooked spaghetti (made from Durum Semolina)
- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- $1\frac{1}{2}$  teaspoon salt
- Dash of pepper
- $\frac{1}{2}$  cup grated American cheese
- $\frac{1}{4}$  cup chopped green pepper
- $\frac{1}{4}$  cup chopped pimento
- 3 chopped hard cooked eggs

Melt butter, add flour and blend to a smooth paste. Add milk gradually and cook 10 minutes. Stir in other ingredients with the spaghetti (1 cup uncooked broken into 2-inch pieces will make 2 cups cooked). Bake in a buttered dish 25 minutes. Remove from oven and sprinkle with  $\frac{1}{4}$  cup sliced, stuffed olives.

### SPAGHETTI

- 1 pkge. spaghetti
- 1 cup tomatoes
- 1 large onion
- $\frac{1}{2}$  lb. yellow cheese, grated
- 4 strips bacon
- 1 tablespoon chili-powder
- 7 chili-petinoes (may be omitted)
- 1 quart milk

Cook spaghetti in boiling salted water, drain and rinse with cold water. Chop onion and cook with the tomato, chili-powder and pepper. Dice and fry the bacon. Mix spaghetti, cheese, bacon with the other ingredients. Stir in the milk and bake 1 hour.

### JAPANESE SUKIYAKI

- Cut in small wafer slices
- $\frac{1}{2}$  lb. lean beef
- $\frac{1}{2}$  lb. lean pork
- Sear in 1 tablespoon fat and 1 tablespoon soy sauce—cook slowly about 10 minutes—then add 1 cup finely sliced onions
- 2 cups finely sliced celery

(Mushrooms or bean sprouts if desired)  
Cook about 10 minutes, first adding a little water, more soy sauce (which is salty), curry and more salt if wished. Serve hot with rice, cooked in Oriental fashion as follows:

- One and one-half cup polished rice,

washed many times, add water (cold or hot), enough to cover the hand when poured over the rice (their way of giving the recipe), cover tight, boil hard 20 minutes and let steam 20 minutes with no fire under, keep tightly covered all the time. Each grain of rice will be separate and no water left. They do not salt the water as they claim it lessens the rice flavor.

### SPANISH DELIGHT

½ lb. hamburger  
½ box spaghetti  
1 green pepper  
1 can tomato soup  
½ cup grated cheese  
1 chopped onion  
½ can corn  
Salt and pepper

### ESCALLOPED SALMON AND MACARONI

Bake in casserole alternate layers of cooked macaroni or spaghetti and creamed salmon. Top all with buttered crumbs and grated cheese. Cooked chicken and chopped peppers make a pleasant change from fish.

### TALARENO

1 lb. round steak—ground  
1 large onion  
1 blade garlic  
1 green pepper, optional  
Add 1 package egg noodles, cook in salted water 15 minutes  
1 can ripe olives, pitted and cut  
1 can corn, size No. 2  
1 can tomatoes, size No. 2  
¼ lb. cheese, ground

Cook 1½ hours in hot oven, stir often.  
Serves 12.

### HOT TAMALES

2 lbs. Hamburger  
1 cup suet chopped

2 green peppers chopped  
4 cloves of garlic  
2 tablespoon Chili mixture  
4 medium sized onions

Fry suet with onions, but not until brown.

Put all together and cook 2 hours. Keep well-covered with water and when done, strain water and make a corn meal mush. Add more water if needed to make about a quart of mush. Use salt to taste. Line dish with mush and place ingredients in dish. Cover with mush and bake 1 hour. Should be nicely browned.

### HOT TAMALES

Cook about 3 cups of corn meal as for mush. Line a pan with the mush. Add layer of any kind of left over meat or fowl (ground), pulp of can of tomatoes, onions and green peppers. Three or 4 minced ripe olives may be added to this, if desired. Cover with remainder of the mush and bake until light brown.

Some use chili powder for seasoning.

### TAMALES

Brown an onion in 2 tablespoons fryings, add one pound hamburger, one cup of cooked tomatoes, salt and red pepper. Cook 10 minutes, then bake between layers of corn meal mush 45 minutes.

### WALNUT CROQUETTES

Cook and mash six potatoes. Add salt, 1 tablespoon liquid fat, 2 tablespoons milk, ½ level teaspoon baking powder and beat 4 minutes. Put 1 level cup walnuts through food chopper and add to 2 slices bread that have been soaked in a small amount of water and then squeezed dry. Two eggs well beaten, ¼ level teaspoon nutmeg. Mix and shape in cones or patties. Roll in crumbs (cracker or fine bread) and bake 30 minutes or fry in deep fat.

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HUTCHINSON, KANSAS



## Breads and Rolls

*"Breathes there a wife with soul so dead;*

*Who to her husband has never said:*

*This is my own real, Home made Bread?"*

Too small a proportion of yeast, or insufficient time allowed for the dough to rise, will cause the bread to be heavy. The yeast must be good and fresh. Stale yeast produces, instead of vinous fermentation, an acetous fermentation, which flavors the bread and makes it disagreeable.

As a general rule, the oven for baking bread should be rather quick and the heat so regulated as to penetrate the dough without hardening the outside. The oven door should not be opened after the bread is put in until the dough is set or has become firm.

### LIGHT BREAD, SPONGE METHOD

- 1 cake yeast
- 1½ quarts lukewarm water
- 2 tablespoons sugar
- 4½ quarts sifted flour
- 2 tablespoons melted shortening
- 1 tablespoon salt

Dissolve yeast and sugar in one quart of the lukewarm water. Add 1½ quarts of sifted flour, or sufficient to make ordinary sponge. Beat well, cover and set aside to rise for about 1½ hours, in a warm place. When well raised add the pint of luke warm water, salt, shortening, remaining flour or enough to make a moderately firm dough. Knead thoroughly. Place in greased bowl, cover and let rise from 1½ to 2 hours. When light, mold into loaves and place in well greased pans, cover and let rise again about 1 hour, or until light. Bake 45 to 60 minutes. Reducing heat after first ten minutes. This recipe makes four large loaves.

### WHOLE WHEAT BREAD

Making bread is somewhat of an art, and can not be wholly reduced to definite rules that will apply to all cases. If the flour used is genuine whole wheat, there are different proportions of gluten, moreover the yeast may vary, and it has been definitely shown by commercial bakers that the action of the yeast depends not

only on the temperature, and the nature of the flour, or other ingredients, on which it feeds, but also upon the water used in mixing the bread, or rather upon the mineral salts that are present in, or absent from the water. Women who make good white bread will have to relearn the art of whole wheat bread making, for it requires different procedure.

- 13½ cups whole wheat flour
- 5 cups lukewarm water
- 1¼ cups milk
- 1 level tablespoon butter
- 2 level tablespoons salt
- 3 level tablespoons sugar
- 1 cake yeast

Put yeast in cup of lukewarm water, and set aside to dissolve. Mix salt, sugar, butter and milk with four cups warm water, being sure to have the water warm enough to make mixture luke warm. Add flour and put in bread mixer for seven minutes. A mixer is a great convenience, as the dough is very thin. Cover top of mixer and let stand in a warm place four or six hours. If the dough takes six hours to rise it has had insufficient heat either in mixing or raising period, and the bread will probably not turn out as well as it should. The ideal rising period is four hours. The dough should rise until it is almost twice the height in the mixer as at first.

Divide the dough into three parts and put in buttered pans, and set aside in a warm place until it rises to the top of the pans. Before rising the dough will fill the pans a little more than half full.

The rising should take eighteen to twenty minutes. When you put your bread in the oven, be sure the oven is very hot. After the bread has been in this heat for five minutes, turn the oven down for a moderate oven. Bake fifty-five to sixty minutes, changing the location of pans occasionally so that all sides will bake evenly. On removing, butter tops of loaves, let stand to cool. As a result of this method the loaves will have a thick, firm crust, and the bread will be light.

### BUTTER HORN ROLLS

1 cake compressed yeast  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup butter  
 3 eggs  
 1 cup sweet milk, scalded and cooled to luke warm  
 $\frac{1}{2}$  teaspoon salt  
 4 cups flour, more may be added.  
 Stir yeast with one tablespoon of sugar. Add remaining sugar and beaten eggs. Add butter which has been broken into bits. Add salt and flour alternately with milk.

Set to raise until morning. Knead with little more flour. Push down when it rises.

Divide dough into two parts. Roll each part as for pie dough. Spread with butter and cut in sixteen pieces.

Roll up each piece, starting at large end. Allow to rise one hour.

### BUTTER ROLLS

1 cup milk, scalded (not boiled)  
 2 tablespoons sugar  
 Cool and add 1 cake compressed yeast dissolved in a little warm water  
 Mix thoroughly and add  
 $\frac{1}{2}$  cup melted butter  
 3 eggs beaten  
 4 cups flour  
 $\frac{1}{2}$  cup sugar

Let rise until double in size, then make into clover leaf rolls, and let rise to double their size. Bake at 350° until a golden brown. This dough is not very stiff. Very nice to serve with a luncheon plate.

### ICE BOX ROLLS

1 cake compressed yeast  
 1 cup lukewarm water, dissolved together  
 3 cups warm water or milk  
 $1\frac{1}{2}$  teaspoons salt  
 1 cup lard melted—measure after melting  
 2 eggs  
 1 cup sugar

Add flour until thick as cake batter and

set aside to raise until foamy 2 or 3 hours. Then mix stiff and knead for a few minutes and put into ice box until wanted—pinch off for rolls and let raise until light—(about 3 hours) keep warm while raising.

### ICE BOX ROLLS

1 pint sweet milk, scald and cool to luke warm  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup lard  
 $\frac{1}{2}$  cup mashed potatoes  
 $\frac{1}{2}$  cake compressed yeast

Dissolved in  $\frac{1}{4}$  cup warm water; add flour to make as stiff as pancake batter. Let rise until light and full of bubbles. Sift 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon soda, 1 teaspoon salt with 4 cups flour and mix with sponge. Add more flour to make stiff dough. Let rise  $1\frac{1}{2}$  hours. Keep in ice box. Make out into greased pans 1 hour before baking.

### ICE BOX POTATO ROLLS

1 cake yeast dissolved in  $\frac{1}{2}$  cup water  
 1 cup mashed potatoes  
 1 qt. milk  
 1 cup melted lard  
 1 cup sugar  
 2 teaspoons Baking Powder  
 1 teaspoon soda  
 1 teaspoon salt

Flour as for griddle cakes. Let rise and when light mix in enough flour for bread dough, then set away until needed in ice box. Pinch off rolls and set in warm place to rise, which will require about two hours.

### ORANGE ROLLS

1 cup orange juice  
 2 heaping spoons lard  
 1 teaspoon salt  
 4 tablespoons sugar  
 2 cakes compressed yeast in  $\frac{1}{4}$  cup lukewarm water  
 $1\frac{1}{2}$  cups flour

Melt shortening and add orange juice, sugar and salt, add flour, then add the yeast. Mix with spoon, lifting spoon well out of the dough to let plenty of air in. Add more flour until can be handled without sticking. Let rise, knead, let rise again and shape in round balls and put 2 in each pan. Use muffin pans. Let rise until twice the size and bake in moderate oven 15 or 20 minutes.

**POTATO ROLLS**

- 1 cup mashed potatoes
- 1 cup warm water
- 1 cup shortening
- ½ cup sugar
- 4 eggs
- 1 teaspoon salt
- ½ cake compressed yeast

Mix potato water, sugar and yeast together early in morning. Let stand until light and foamy (½ to 1 hour). Keep quite warm but not hot. When light add other ingredients. Eggs well beaten, flour enough to make a rather soft dough. Let rise until light. Roll to about ½ inch. Run over melted butter, fold over and cut with biscuit cutter, place in buttered pans (not too close). Let rise until very light. Bake 20 minutes in moderate oven.

**QUICK LIGHT ROLLS**

Set at 11:30 A. M.

- 1 cup warm mashed potatoes
- 1 cup milk
- ½ cup sugar
- 2 well beaten eggs
- 1 cake yeast
- Let stand two hours

Add one tablespoon salt, ½ cup shortening, add flour enough to knead. Raise 2½ hours, put in gem pans and raise until light. Your rolls will be ready for dinner. Will make 40 clover leaf rolls.

**ROLLS**

- 1 pint milk, heated
- 1 cake yeast dissolved in little warm water
- Mix into milk, adding 2 tablespoons of sugar, butter size of egg; flour to make a medium stiff sponge.

Let rise until very light, add salt, flour to make dough and let rise until it doubles itself, make into rolls, let rise two hours or until they double themselves, and bake. These rolls are easily made and very good.

**QUICK COFFEE CAKE**

- 1 large teaspoon butter
- ½ cup sugar
- 1 egg
- ¾ cup milk
- 2½ cups flour
- 3 teaspoons baking powder
- Pinch of salt

Cream sugar and butter; add egg, milk, flour, baking powder and salt. Pour into a greased pan and put on top bits of butter, sugar and cinnamon. Bake in moderate oven.

**BAKING POWDER BISCUITS**

- 2 cups flour
- 1 teaspoon salt
- 1 cup milk
- 4 teaspoons baking powder
- 4 tablespoons shortening

Sift together the dry ingredients, work in shortening, stir in liquids gradually. Roll out on floured board to about 1 inch thick. Cut into shapes. Bake in hot oven (400 to 550°F.) until browned on top.

**BISCUITS**

- 2 cups flour
- 1 cup sour milk
- ¼ teaspoon soda
- 1 teaspoon baking powder
- 1½ teaspoon shortening
- ½ teaspoon salt

Mix flour, salt, baking powder and shortening. Put soda into milk and mix in regular way. Put in greased pans, and bake in hot oven.

**BRIDE'S BISCUIT**

- 1 cup flour
- 1 heaping teaspoon baking powder
- ½ teaspoon salt
- 1 round tablespoon lard
- Buttermilk to make a soft dough

**CHEESE BISCUITS**

- Sift together 2 cups flour and 3 teaspoons baking powder
- Work in 3 tablespoons lard
- ¼ teaspoon salt
- ½ cup grated cheese or cheese cut in bits
- 1 cup milk

Make a soft dough and pat out on floured board to about 1 inch thick. Cut small biscuits and bake 10 or 12 minutes. in medium hot oven.

**ORANGE BISCUIT**

- 2 cups flour
- 2 teaspoons baking powder
- 1 tablespoon melted butter

Grate yellow rind of two oranges, enough sweet milk to mix thick enough to roll out. Bake in a quick oven.

**ORANGE TEA BISCUITS**

- 3 cups flour
- 6 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 3 tablespoons shortening
- 3 tablespoons butter
- Milk

Grated rind of one orange. Cut loaf sugar in half, dip in orange juice and press into biscuit. Bake 15 minutes.

**SOUR MILK BISCUITS**

- 2 cups of flour
- 3 level teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons lard
- ¼ teaspoon soda

Sift flour, soda and baking powder together. Work the lard in and mix with a cup of sour milk. Roll and cut into biscuits. Bake in a quick oven. If you do not have sour milk add one more teaspoonful of baking powder and not the soda and one cup of sweet milk. Will make 15 biscuits.

**BOSTON BROWN BREAD**

- 1 cup graham flour
- 1 cup corn meal
- ½ cup rolled oats
- 5 teaspoons baking powder
- ½ cup molasses
- 2 cups sour milk
- 1 teaspoon soda
- ½ cup raisins
- 2 teaspoons salt

Mix the dry ingredients; add molasses to milk. Add to dry ingredients, beat thoroughly, put into molds two-thirds full, bake at 275° three hours, remove covers and bake until top is dry.

**GRAHAM BREAD**

- 1 qt. flour
- ½ cup molasses, stir into this
- 1 heaping teaspoon soda, then stir this with salt into the flour, then add
- 1 cup sweet milk
- 1 cup cold water

Bake one hour in moderate oven.

**CORN BREAD**

- 1 egg
  - ½ cup sugar (scant)
  - 1 tablespoon melted butter
  - ½ teaspoon salt
  - 1 cup sweet milk
  - 2 teaspoons baking powder
  - or
  - 1 cup sour milk
  - 1 teaspoon soda
  - 1 cup flour
  - 1 cup corn meal
- Drop in muffin tins.

**CORN BREAD**

- 1 egg
- 1¾ cup sour milk
- 1 cup corn meal
- ½ cup flour
- 2 teaspoons sugar
- Pinch salt
- 1 teaspoon baking powder
- ½ teaspoon soda

**1 tablespoon shortening**

Beat egg and add to the milk in which the soda has been dissolved. Sift cornmeal, flour, sugar, salt and baking powder together and add to the egg and milk. Heat shortening very hot in the pan you expect to make the corn bread. Mix to the above mixture while grease is very hot. Bake in hot oven about 25 minutes. Will serve about 8.

**SPOON CORN BREAD**

- 1 cup cold cooked rice
- 1 cup cornmeal
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 2 beaten eggs
- 2 cups sweet milk

Mix all well together, bake ½ hour or until golden brown, serve from pan with spoon when piping hot.

**CORN BREAD GEMS**

- 1 cup flour
- 1 cup corn meal
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon soda
- 3 tablespoons melted butter
- 1 cup sour milk
- 2 eggs

Sift together dry ingredients, add milk gradually and lastly add the well-beaten eggs. Bake in buttered gem pans about twenty minutes.

**SOFT CORN BREAD**

- ½ pint corn meal
- 1 pint sweet milk
- 3 eggs
- 2 tablespoons butter, scant
- ½ teaspoon salt

Heat half the milk, stir the other half into the corn meal, add it to the hot milk, cook until like mush, add salt and butter. Beat eggs separately very light. Add yolks to mixture and then the egg whites. Bake 20 minutes in moderate oven. Serve immediately.

**STEAMED CORN BREAD**

- 3 tablespoons sugar
- 3 heaping tablespoons lard
- 1 egg, well beaten
- 2 cups sour milk
- 1 teaspoon soda, dissolved in milk
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups yellow corn meal
- 1½ cups flour or enough to make a stiff batter

Place in pan in steamer and steam two hours then put in the oven to brown.

**MISSISSIPPI SPOON BREAD**

- 3 cups milk
- 3 cups water
- 1½ cups corn meal
- 1½ teaspoons salt
- 1½ tablespoons butter
- 4 egg yolks
- 4 egg whites

Save out one cup of water to moisten meal, and bring rest of the milk and water to boiling point. Stir wet corn meal (preferably white meal) in slowly. Cook to the consistency of stiff white sauce. Add salt and butter and beaten egg yolks, then fold in stiffly beaten egg whites. Bake in a hot oven about 20 minutes. Serve with spoon from the baking dish. Eat with honey or syrup.

**CORN COBS**

- ½ cup corn meal
- 3 tablespoons sugar
- ½ cup white flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ½ cup milk
- 1 tablespoon melted butter

Mix ingredients well, beat two minutes. Pour into well buttered corn cob pans. Bake twenty minutes in moderate oven. Makes 6 or 7 cobs.

**CORN STICKS**

- 1 cup sweet milk
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 1 cup flour
- 2 cups corn meal
- ½ cup melted butter

Add enough milk to make batter just thin enough to run in place. Bake in moderate oven about 20 minutes.

**SPOON BREAD**

- 1 cup white corn meal
- 1½ cup boiling water
- Cool to lukewarm, add yolks of 2 eggs and beat well:
- 1 cup sweet milk
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 egg whites, beaten until stiff

**GINGER BREAD**

- 1 cup sugar
- 1 cup shortening
- 1 cup molasses
- 1 cup sour milk
- 1 teaspoon soda in milk
- 2 eggs
- 3½ cups flour
- 1 teaspoon cinnamon
- 1 teaspoon cloves

- 1 teaspoon ginger
- 1 pinch salt

**SOFT GINGER BREAD**

- ¾ cup molasses
- ½ cup butter
- 3 eggs
- 1 cup brown sugar
- 1 cup sour milk
- 3 cups flour
- 1 teaspoon cinnamon
- 1 tablespoon ginger
- 1 teaspoon soda

Cream butter and sugar; add molasses, then eggs, one at a time and unbeaten. Mix thoroughly. Mix and sift dry ingredients and add alternately with the milk. Bake in moderate oven until done, or place in regulated oven with a three hour meal.

**GINGER BREAD**

- ¼ cup butter or butter substitute
- ½ cup sugar
- 1 egg
- ½ cup molasses
- 1 teaspoon soda
- ½ cup sour milk
- 1¾ cups flour
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Cream butter, add the sugar gradually then the well-beaten egg. Sift the remaining dry ingredients several times and add alternately with the liquids. Bake at 325 degrees for 50 minutes.

**GOOD GINGERBREAD**

- 3 eggs
- 1 cup sugar
- 1 cup molasses
- ½ cup melted butter
- 4 cups flour
- 1 teaspoon ginger
- ½ teaspoon cinnamon and nutmeg
- 1 large tablespoon soda dissolved in hot water

Mix well and last stir in one cup boiling water. It must be boiling and full. Bake 30 minutes in moderate oven.

**HOT WATER GINGERBREAD**

Melt ½ cup fat in ½ cup boiling water, and add one cup molasses. Sift together the following dry ingredients and add them to the above mixture:

- 2 cups flour
- 1 teaspoon ginger
- 1 teaspoon soda
- ½ teaspoon salt

Beat well. Put in a greased pan and bake in a moderate oven about 25 minutes. The family may be allowed to spread butter on this ginger bread.

**GINGER BREAD**

1/2 cup sugar  
 1/2 cup New Orleans molasses  
 1/2 cup butter  
 1/2 cup buttermilk  
 2/3 teaspoon soda  
 1 egg well beaten  
 1 teaspoon cinnamon and ginger  
 1 1/2 cups flour  
 Mix in order named and bake in moderate oven.

**GRAHAM GEMS**

2 cups graham flour  
 1 cup wheat flour  
 3 tablespoons sugar  
 2 tablespoons melted shortening  
 2 teaspoons baking powder  
 1 teaspoon salt  
 1 egg and milk to make a stiff batter

**GRAHAM GEMS**

1 1/2 cups graham flour  
 2 tablespoons brown sugar  
 1 teaspoon salt  
 3 teaspoons baking powder  
 2 tablespoons butter  
 1 egg  
 1 cup sweet milk

Mix all dry ingredients well, rub in butter, add egg well beaten, then the milk. Beat thoroughly and rapidly. Bake in greased gem pans in a hot oven 20 minutes at 425°. Makes nine gems.

**WHOLE WHEAT GEMS**

2 eggs well beaten  
 2 cups whole wheat flour  
 4 level teaspoons baking powder  
 Salt  
 1 tablespoon sugar  
 2 tablespoons melted shortening  
 Milk enough to make batter

Beat. Put in gem tins; if small tins are used cook less than 25 minutes. Bake in rather hot oven about 25 minutes. This recipe makes 12. Raisins, nuts or dates may be added to vary recipe. Very nutritious.

**BROWN BREAD**

1 cup corn meal  
 1 cup graham flour  
 1 cup rye flour (or more graham)  
 1 cup molasses  
 1 cup sweet milk  
 1/2 cup sour milk

1 teaspoon salt  
 2 teaspoons soda  
 Steam 3 hours, bake 5 minutes.

**BAKED BROWN BREAD**

2 cups graham flour  
 1 cup white flour  
 2 cups sour milk  
 1/2 cup molasses  
 1/2 cup sugar  
 2 teaspoons soda  
 1 teaspoon cream tartar  
 1 teaspoon salt  
 1/2 cup raisins

Let stand in baking pan about 30 minutes. Bake slowly 3/4 hour to 1 hour.

**BROWN NUT BREAD**

1/4 cup sugar  
 1 cup sour milk  
 1/2 cup molasses  
 2 2/3 cups sifted graham flour  
 1/2 cup nut meats  
 1 tablespoon drippings  
 1 teaspoon soda  
 1 egg

Mix sugar, molasses, drippings and beaten egg together. Mix soda in milk and add to the above, then flour lastly. nut meats.

**BLACK WALNUT BREAD**

3 1/2 cups flour  
 1 1/2 cups sugar  
 3 1/2 teaspoons baking powder  
 1 teaspoon salt sift 5 times  
 1 egg  
 1 1/2 cups whole milk

To the egg add the milk and stir into flour mixture. Then add 1 1/2 cups of black walnut meats and mix well. Put into well greased pans and let mixture raise in warm place for 3/4 hour. Bake in slow oven—slice thin.

**PRUNE BREAD**

Stone and chop one cup of prunes that have been soaked three hours and drained well. Mix and sift one cup flour, one fourth cup of sugar, one teaspoon of salt and five teaspoons baking powder. Stir in one and a half cups of graham flour and the chopped prunes. Beat one egg and mix with one cup of milk, add two tablespoons melted fat. Add liquid mixture to dry ingredients. Stir until dry ingredients are just moistened. Pour into well greased bread pan. Let stand twenty minutes. Bake in a moderate oven at 375 degrees Fahrenheit for one hour.

**DATE BREAD**

2 cups dates  
 1½ cups boiling water  
 1 cup nuts  
 1½ cup sugar  
 1 teaspoon shortening  
 1 whole egg  
 2 or 3 egg yolks  
 3½ cups flour  
 1 teaspoon soda  
 1 heaping teaspoon baking powder  
 1 heaping teaspoon salt  
 Bake 40 minutes in slow oven. Makes 2 loaves.

**DELICIOUS NUT BREAD**

3 cups flour  
 1 cup sugar  
 6 teaspoons baking powder  
 1 teaspoon salt  
 1 cup chopped nuts  
 1 egg beaten light  
 1 cup sweet milk  
 Pass dry ingredients through a sieve together twice. Add nuts, then the beaten egg mixed with the milk and mix to a dough. Turn into a well greased brick loaf bread pan, let stand 15 minutes and bake 45 minutes.

**ORANGE NUT BREAD**

¾ cup sugar  
 ½ cup nuts and orange peel  
 1 egg  
 1½ cup sweet milk  
 4 cups flour  
 4 teaspoons baking powder  
 Let stand 20 minutes and bake 1 hour.

**RAISIN NUT BREAD**

4 cups flour  
 1 cup sugar  
 1 cup nuts  
 1 cup raisins  
 2 cups milk  
 4 teaspoons baking powder  
 1 teaspoon salt  
 1 egg may be used  
 Mix well then let stand in pan in which it is to be baked for 20 minutes. Bake in slow oven 55 minutes.

**ORANGE BREAD**

4 cups sifted flour  
 1 cup orange peel  
 4 rounded teaspoons baking powder  
 2 tablespoons sugar  
 2 eggs

1½ cups milk  
 1 teaspoon salt

Prepare the orange peel by cooking until tender, then drop in thick syrup and cook until clear.

Cut the orange peel in pieces and put 1 cupful in the flour. Mix all the ingredients and let rise 20 minutes. Put in well-greased pan and bake very slowly 1 hour.

**ORANGE BREAD**

2½ cups flour  
 ¾ cup sugar  
 1 cup milk  
 2 eggs  
 ½ teaspoon salt  
 4 teaspoons baking powder level  
 Butter size walnut melted

Peel 3 oranges and clip in slivers, and cook in boiling salted water twice, 5 minutes each time. Drain and rinse under faucet, drain well. Mix with ¾ cup sugar and dissolve and bring to boil over slow fire. Cool and add to other ingredients that have been well mixed. Bake in loaf pan from 45 minutes to 1 hour.

**GRAHAM NUT BREAD**

1 cup sugar  
 1 egg, well beaten  
 1½ cups sweet milk  
 3 scant cups flour (1 graham, 2 white)  
 4 level teaspoons baking powder  
 1 cup nuts  
 Pinch salt  
 Bake 1 hour in slow oven.

**GRAHAM NUT BREAD**

2 cups white flour  
 2 cups graham flour  
 2 cups milk  
 1 cup chopped nut meats  
 1 cup sugar  
 2 eggs  
 3 teaspoons baking powder  
 1 teaspoon soda, scant  
 ¼ teaspoon salt

Mix all dry ingredients together, add milk, eggs which have been well beaten, and lastly the nuts. Pour into bread tins and let stand 20 minutes. Bake in slow oven. This makes 2 loaves.

**NUT BREAD**

½ cup sugar  
 2½ cups flour  
 3 level teaspoons baking powder  
 ¼ level teaspoon salt  
 1 egg  
 1 cup milk  
 ¾ cup nuts  
 Mix dry ingredients, beat the egg, add

milk and mix. Bake  $\frac{1}{2}$  hour or more.

### NUT BREAD

- 1 egg
- 1 cup brown sugar
- 1 cup sweet milk
- 1 cup nut meats
- 1 heaping tablespoon butter and lard, mixed
- 2 cups flour
- 2 level teaspoons baking powder, sifted 3 times with flour

Beat egg, then put in sugar and butter and cream together. Add milk and a dash of salt. Stir in flour well and fold in nuts. This makes a rather stiff dough. Place in a greased pan and let rise 15 or 20 minutes and bake in a moderate oven 45 to 60 minutes, according to the depth of your pan.

### ORANGE BREAD

- 3 cups flour
- 1 cup sugar
- 1 cup milk
- 2 eggs
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup candied orange peel

Let stand in pan 30 minutes and bake in a moderate oven 45 minutes. To prepare orange peel, take the peeling from 3 medium-size oranges, cut in small pieces, add water, boil 20 minutes; drain, add more water and boil again for 20 minutes; drain, add 1 cup of sugar, a very little water, cook 20 minutes.

### ORANGE BREAD

Peeling of 3 oranges, ground. Cook in salt water 20 minutes; drain. Cook in syrup of 1 cup sugar and  $\frac{1}{2}$  cup water. When thick, add dry ingredients of 3 cups flour, 2 teaspoons baking powder and pinch of salt. Add 1 cup milk to which has been added 1 beaten egg. Bake in moderate oven 1 hour.

### PEANUT BUTTER BREAD

- 3 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$  cup sugar
- $\frac{2}{3}$  cup peanut butter
- 1 cup milk

Sift flour, baking powder, salt, and sugar together. Add milk to peanut butter,

blend well, and add to dry ingredients. Beat well. Bake in greased loaf pan in slow oven 45 to 50 minutes. Better a day old.

### CHOCOLATE WAFFLES

- $\frac{1}{2}$  cup vegetable shortening
- 1 cup sugar
- 3 eggs
- 2 squares (2 oz.) melted chocolate
- $\frac{1}{2}$  cup milk
- $\frac{1}{4}$  teaspoon salt
- 2 teaspoons baking powder
- $1\frac{1}{2}$  cups flour
- $\frac{1}{2}$  teaspoon vanilla

Cream shortening, sugar and melted chocolate together. Add beaten eggs and stir in gradually the milk and the sifted flour, salt and baking powder.

### WAFFLES

- 2 cups sifted flour
  - 3 teaspoons baking powder
  - $\frac{1}{2}$  teaspoon salt
  - 3 egg yolks, well beaten
  - 1 cup milk
  - 4 tablespoons melted butter
  - 3 egg whites, stiffly beaten
- Sift once, add baking powder, combine egg yolks, milk and butter, add to flour, beat until smooth, fold in egg whites.

### DELICIOUS WAFFLES

(Will Serve Four People)

- 3 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$  cup butter and lard, mixed
- 2 eggs
- 1 pint sweet milk

Sift baking powder, salt and flour together. Beat egg yolks, add to milk. Cream butter and lard in flour. Add egg mixture to flour and blend smoothly. Beat egg whites and add last.

### GINGERBREAD WAFFLES

- 2 cups pastry flour
- $1\frac{1}{2}$  teaspoon ginger
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt

Sift all together twice. Next, heat to boiling point, but do not boil, 1 cup Brer Rabbit Molasses and  $\frac{1}{2}$  cup butter. Remove from stove and beat in  $1\frac{1}{2}$  teaspoons soda. Add  $\frac{1}{2}$  cup sour milk, 1 beaten egg, then sifted dry ingredients. Bake in waffle iron watching carefully. Served with whipped cream, sweetened and flavored to taste.



**HIGHLAND WAFFLES**

- 2 cups flour
- 2 heaping teaspoons baking powder
- 2 eggs
- 2 cups sweet milk
- $\frac{1}{2}$  cup melted butter

Mix milk and egg yolks and pour over flour mixed with baking powder. Add melted butter and fold in stiffly beaten whites of eggs. Served hot with maple syrup.

**WAFFLES**

- $1\frac{1}{2}$  cups flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon sugar
- 1 cup milk
- 2 eggs
- 3 tablespoons melted butter

Sift together flour, salt, sugar and baking powder; add milk and melted butter. Beat in yolk of egg and fold in well-beaten white. Bake in hot greased waffle iron. Will serve 6.

**WAFFLES**

- 4 cups flour
- 4 cups sour milk
- 4 eggs
- 4 rounded teaspoons baking powder
- $\frac{1}{2}$  lb. butter
- 2 teaspoons soda

Sift flour before measuring, add baking powder and sift again. Beat eggs separately. Add milk to yolks and melted butter—not too warm. Add flour gradually and beat with egg beater until very light. Add stiffly beaten whites. Bake in very hot electric iron.

**BUCKWHEAT CAKES**

- 2 cups scalded milk
- 1 teaspoon salt
- 2 cups buckwheat flour
- 1 cake yeast
- $\frac{1}{2}$  teaspoon soda
- $\frac{1}{2}$  cup warm water
- 1 tablespoon molasses or brown sugar

Add molasses and salt to the scalded milk, and when cool enough add yeast dissolved in a little warm water, add buckwheat flour to make a rather stiff batter, set in ice box over night. In morning beat down well and add half a teaspoon soda dissolved in a little warm water.

**BUCKWHEAT CAKES**

(These with little pig sausages make a queen's breakfast.)

- 1 pint buttermilk
- $\frac{1}{4}$  cake yeast
- 1 tablespoon molasses
- $\frac{1}{4}$  teaspoon soda
- Buckwheat flour

Into the buttermilk stir enough buckwheat flour to make a soft batter; add yeast dissolved in warm water and beat thoroughly. Set in warm place. In morning stir in molasses and soda and save out a cupful for next day or later.

**FLANNEL CAKES FOR TWO**

- 1 cup flour
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon baking powder
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  tablespoon butter
- 1 egg, beaten separately

Mix dry ingredients, add milk to yolk of egg, and mix all together. When a smooth batter has been made, beat well, then fold in the whites beaten stiff and dry.

**CINNAMON TOAST**

- 1 cup sugar
- 1 cup butter
- 1 level teaspoon cinnamon

Cream like making cake. (Do not melt.) Cut bread  $\frac{1}{2}$ -inch thick in strips, 3 sticks to slice, or about  $1\frac{1}{2}$  by 3-inch sticks. Toast and while hot roll in cinnamon butter. Stack like logs on plate.

**BLUEBERRY MUFFINS**

- $\frac{1}{4}$  cup shortening
  - $\frac{2}{3}$  cup sugar
  - 1 egg beaten
  - $2\frac{2}{3}$  cups flour (reserve  $\frac{1}{2}$  cup)
  - $2\frac{1}{2}$  teaspoons baking powder
  - 1 cup milk
  - 1 cup blueberries (canned or fresh) rolled in  $\frac{1}{2}$  cup flour
- Bake 20 minutes.

**CORN MEAL MUFFINS**

- 2 eggs, beaten light
  - 1 teaspoon salt
  - 2 cups thick sour cream
  - 2 teaspoons baking powder with
  - 2 cups corn meal.
- Stir, then add
- 1 tablespoon sugar
  - 2 more cups corn meal

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1 tablespoon melted Crisco  
1 teaspoon soda dissolved in warm water  
Beat well, pour into greased gem pans,  
bake quickly. Makes 12 muffins.

### GRAHAM MUFFINS

1½ cups sweet milk  
3 eggs, well beaten  
3 cups graham flour  
1 cup white flour  
½ cup melted butter  
2 tablespoons sugar  
3 teaspoons baking powder  
1 teaspoon salt  
Bake 30 minutes in moderate oven.  
Makes 18 muffins.

### DATE GRAHAM MUFFINS

1 cup graham flour  
1 cup white flour  
½ cup light brown sugar  
½ teaspoon salt  
½ teaspoon soda  
2 teaspoons baking powder  
½ teaspoon cinnamon  
1 cup sour cream  
1 cup stoned and chopped dates  
Mix and sift white flour, baking powder, salt, and cinnamon. Add to graham flour and mix well. Add cream and soda dissolved in 1 teaspoon cold water. Beat hard and add dates. Drop into oiled and floured muffin pans and bake 20 minutes in a hot oven.

### TWIN MOUNTAIN MUFFINS

¼ cup butter  
1 egg  
2 cups flour  
¼ cup sugar  
¾ cup milk  
2 teaspoons baking powder  
Cream butter and sugar. Add egg and beat well. Sift flour and baking powder together and add alternately with milk. Bake 25 minutes in moderate oven.

### SWEET WHITE MUFFINS

2 eggs well beaten  
½ cup sugar  
1 cup sweet milk  
2 tablespoons melted butter  
3 cups flour  
3 teaspoons baking powder, sifted with flour  
These are fine.

### MUFFINS

2 eggs  
Butter size of egg  
1 cup milk  
2½ cups flour  
2 teaspoonfuls baking powder  
2 tablespoons sugar

Sift dry ingredients together. Work into this mixture butter the size of an egg. Add 2 eggs beaten in part of the milk. Stir and add rest of the milk, or enough to make dough like cake batter. Bake in greased muffin pans.

### MUFFINS

2 cups sifted flour  
½ cup sugar  
1 egg  
1 cup sweet milk  
1 teaspoon lard  
2 teaspoonfuls baking powder  
Scant ½ teaspoon salt  
Bake in moderate oven.

### MUFFINS FOR TWO

1 egg, beaten  
1 tablespoon sugar  
½ cup sweet milk  
¾ cup flour  
1 teaspoon baking powder  
Bake in gem pans.

### TWIN MOUND MUFFINS

¼ cup butter  
¼ cup sugar  
1 egg  
¾ cup milk  
2 cups flour  
2 teaspoons baking powder  
Cream butter and sugar together, then add egg beaten light. Sift baking powder and flour together. Add to first mixture with milk. Bake 25 minutes in hot oven.

### POTATO MUFFINS

1 cup cold mashed potatoes  
¾ cup milk  
1½ cups flour  
½ teaspoon salt  
4 teaspoons baking powder  
2 eggs  
2 tablespoons melted shortening  
Add milk to potatoes and mix well.

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## Meats and Sauce

*"Some hae meat and canna eat,  
And some would eat that want it,  
But we hae meat, and we can eat  
So let the Lord be thankit."*—BURNS.

**SEARING.** To retain both nutritive value and flavor in meat, the surface is seared at the beginning of the cooking process by plunging the meat into boiling water, cooking for a few minutes in a very hot oven.

**BROILING.** Sear it on both sides first to retain juices.

**PAN BROILING.** The meat is placed in a piping hot frying pan, seared first and cooked without additional fat.

**ROASTING.** Meats baked in the oven (usually seared first at a high temperature). Rib roasts of beef and veal, cuts from the loin or rump are best for roasting.

**BOILING OR SIMMERING.** Meat should never be really boiled, but rather cooked in water just below the boiling point.

**STEWING.** Meats are first seared and then cooked in a small amount of water at a low temperature for a long period. The tougher cuts of meat are used for this purpose. A variety of vegetables may be added toward the end of the cooking period.

**FRYING AND SAUTEING.** Chops, cutlets and some other kinds of meat are often dipped in slightly beaten eggs and crumbs and fried in deep fat.

### OVEN ROAST OF BEEF

For an oven roast a tender cut, as prime ribs or loin of beef, is best. Place on a rack in a roasting pan and sear in a hot oven. Then sprinkle with salt and pepper, cover closely, and complete the cooking in a moderate oven. Allow 15 minutes per pound for rare, 20 minutes for medium, and 25 minutes for well-done beef. With these cuts no water or fat need be added as the meat will cook in its own juices and fat.

Chuck, rump, or round are apt to be tough when roasted so are scarcely suitable for oven roasts. If chosen, they should be cooked a long time and with the addition of water so that the connective tissue will soften.

### SPICED ROAST

Medium sized beef roast  
Salt, black pepper, and red pepper  
 $\frac{1}{2}$  cup vinegar  
2 tablespoons butter  
1 onion  
Allspice

Salt and pepper roast. Sprinkle to

taste with allspice, place in roaster and cover with vinegar and fat. Slice onion over top and around the roast and slightly cover with water. Bake in moderate oven (300°) until meat is tender and liquid has cooked down to a thick gravy.

### BEEFSTEAK PUDDING

1 lb. round steak, ground  
Beat 2 eggs  
1 pint milk  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  cup butter  
A little minced onion

Stir together in pudding dish, and bake slowly 1 hour.

### BEEF IN MOLD

Chop hot beef, place in mold with hard-boiled egg in center. Pour enough stock over to moisten. Press down firmly. When cold turn out on platter and slice. A delightful hot weather meat dish.

**BEEF LOAF**

3 lbs. beef (ground in food chopper)  
 1 lb. pork (ground in food chopper)  
 2 cups cracker crumbs  
 3 beaten eggs  
 Small piece of butter  
 Salt and pepper  
 $\frac{3}{4}$  cup water  
 Mix well, make into roll, dust with cracker crumbs and bake two hours.

**PRESSED BEEF**

4 lbs. beef shank  
 1 tablespoon vinegar  
 1 onion, sliced  
 1 carrot, sliced  
 1 tablespoon salt  
 $\frac{1}{4}$  teaspoon pepper  
 Piece bay leaf  
 A little parsley  
 1 heaping tablespoon gelatine

Cover the beef with cold water, bring slowly to the boiling point, add vinegar, onion and carrot together with seasonings. Cover and boil slowly until the meat is very tender. Remove from stock, shred and place in wet mold. Boil down the stock to 1 pint, strain and heat. Pour over gelatine, previously soaked in  $\frac{1}{2}$  cup cold water. Pour over meat. Place a weight on top and let stand about 24 hours.

**BEEF LOAF**

1½ lbs. ground round of beef  
 $\frac{1}{2}$  loaf of white bread (crusted)  
 1 egg  
 1 cup milk  
 1 medium onion (chopped)  
 Salt and pepper  
 $\frac{1}{8}$  teaspoon ground nutmeg

Put meat in bowl and bread along side of it, pour milk over bread and let stand a few minutes. Simmer onion in 2 tablespoons butter until soft. Add this to other ingredients, knead well, place in well-greased pan and bake 45 minutes.

**PILAF**

2 lbs. round steak, ground  
 A little suet  
 Small onion (chopped fine)  
 1 No. 2½ size can tomatoes  
 1 cup raw rice  
 Paprika, salt and chile powder to taste

Cover with water and cook 1½ or 2 hours. Serves 6 persons.

**DEVILED STEAK**

2 tablespoons butter  
 $\frac{1}{2}$  tablespoon onion  
 1½ lb. flank steak cut  $\frac{3}{4}$  inch thick  
 2 tablespoons flour  
 1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{1}{8}$  teaspoon paprika  
 1 teaspoon mustard  
 1 tablespoon vinegar  
 1 tablespoon flour  
 2 cups water

Melt the butter in a frying pan, slice the onion in it and saute gently until golden brown in color. Remove the onion from the butter. Cut the steak into pieces three by two inches. Dredge these lightly in flour and saute in the butter until well browned. Remove the meat from the frying pan; add the salt, pepper, paprika, mustard, vinegar and flour. Mix all together and add the water slowly. Replace the steak in the pan, cover closely and simmer one hour, or until the steak is tender. Serve on a warm platter and pour the gravy over it.

**FLANK STEAK**

Pound pepper and salt and  $\frac{1}{2}$  cup flour in steak. Brown quickly on both sides. Into one can of tomatoes, cut 4 big onions—pour over steak. Also add  $\frac{1}{2}$  cup water to grease in skillet and pour over meat. Bake slowly in oven 2 hours.

**OLD KENTUCKY FLANK STEAK**

Take a medium-sized flank steak, cut in finger-shaped pieces, pepper and salt and dip in beaten egg and roll in cracker crumbs, fry in hot fat as you fry chicken using part butter, place in roasting pan and cover with a quart of milk, bake slowly in medium oven for 1 hour, remove with spatula on platter and make gravy as for chicken. Serves 6 or 8.

**FILET MIGNON A LA CREOLE**

Six slices of beef tenderloin stripped with bacon, broil under fire until tender.

**SAUCE**

1 small green pepper  
 1 small can mushrooms  
 1 small onion  
 2 tablespoons butter

Saute chopped pepper, mushrooms and onion, until tender, add flour and water to thicken. Season with a dash of A-1

sauce, catsup and salt and pepper, pour over steaks and serve hot. Serves 6.

### SWISS STEAK

4½ lbs. choice cut round steak

1 cup chopped celery

1 cup chopped onions

1 can tomatoes (No. 2)

Salt and pepper to taste

Dredge steak well with flour on both sides, salt and pepper to taste. Melt 2 heaping tablespoons of Crisco in large frying pan. When piping hot, put in the steak and sear well on both sides over a medium flame, raising the center occasionally with a fork to keep from scorching. When well browned, remove pan from flame, add the diced celery and onions, spreading evenly over the meat, likewise the small can of tomato.

Then pour enough cold water around the edges to almost cover. Place in a slow oven and cover and simmer 3 or 4 hours, adding water when necessary to keep from sticking. When done it will easily cut with a fork. Serve with its own brown liquid. Will serve 8.

### VEAL STEAK

Wash and drain well, pound flour into meat on both sides. Sear well in hot butter or drippings, cover with cream or rich milk. Season well and bake until tender, about one hour.

### BAKED CHOPS

Flour and season thick chops. Fry until nicely browned. Place in a roaster, cover with the grease from frying and enough water to keep them from burning and cook for 1½ hours in a slow oven.

### BAKED PORK CHOPS

Select lean pork chops, cut 1 inch thick, season with salt and pepper and place in roaster. Cover each with 1 slice onion, 2 tablespoons rice (partially cooked), slice green peppers, and 1 tablespoon canned tomato. Cover all with tomato juice and a little water and bake slowly about 3 hours, basting occasionally.

### GLORIFIED PORK CHOPS

Six pork chops, cut medium thick, salt and pepper them, and roll in beaten egg and corn flakes, which have been rolled fine. Place in buttered pan and add 1 cup water. Put in moderate oven and bake about 35 minutes, adding another cup of water if necessary. They will brown deliciously. Serves 6.

### STUFFED PORK CHOPS

6 pork chops, cut 1 inch thick

½ cup bread crumbs

½ cup cooked, chopped macaroni

1 tablespoon chopped onion

Salt and pepper

Milk or stock

Make a dressing with the last 6 ingredients, using enough milk or stock to moisten. Split the chops and fill with the dressing. Skewer them if necessary. Season and dredge with flour. Brown in fat, place in casserole, nearly cover with liquid of half milk and water. Bake 1 hour in moderate oven (350°).

### DELICIOUS PORK CHOPS

Place as many pork chops as desired in a pan and cover with brown sugar and ketchup, and bake in slow oven till tender.

### PORK LOAF

2 lbs. fresh lean ham

1 lb. smoked lean ham

3 eggs

1 cup milk (scant)

No seasoning

Do not beat eggs

Mix all ingredients thoroughly. Put into greased pan in shape of loaf. Pour in little water and bake. Serves 10 or 12 people.

### PORK LOAF

2 lbs. fresh pork daisy, ground

2 cups soft bread crumbs

2 eggs

1 green pepper

1 can No. 2 tomatoes

Add pulp, reserve juice

Add salt and pepper

Mix all, pack into flat pan. Bake 45 minutes. Then pour over tomato juice and bake 10 minutes. Bake brown but not dry.

### SAUCE

Make good rich cream sauce with butter, flour and milk. Add 2 hard-boiled eggs chopped, season. Add 1 can mushrooms.

### SAVORY NOODLES AND PORK

2 cups egg noodles (5 ozs.)

1½ lb. pork butts, ground

2 small onions

1 can mushrooms

1 No. 1 can tomato soup

1 1/3 cups water  
 1/2 lb. cheese grated  
 2 teaspoons salt  
 Pepper

Cook noodles in boiling salted water until tender. Drain. Cook meat and onions together until brown. Mix meat, onions, noodles together, add soup, water, mushrooms and seasoning. Put in casserole and sprinkle cheese on top. Bake 30 minutes at 350F. Serves 10.

### VEAL AND HAM POT PIE

1 pound lean veal  
 1/2 pound ham  
 1 small onion  
 1 clove garlic  
 Salt and pepper  
 2 cups water  
 1 cup canned tomatoes  
 3 tablespoons flour  
 Baking powder  
 Biscuit dough

Cut the meat in pieces and brown in frying pan or heavy kettle. Add the sliced onion, garlic cut very fine, salt, pepper and water. Cover and simmer for 1 1/2 hours or until meat is tender. Add the tomato at the end of an hour. Mix the flour to a paste with cold water, and thicken the gravy. Turn the meat mixture into a baking dish, cover with a biscuit dough and bake in a hot oven 25 minutes.

### GRANDMOTHER'S BAKED VIRGINIA HAM

Soak a Virginia ham (or a Wichita one) over night after removing skin. Garnish fatty side with cloves, easiest way to make holes for same is with ice pick. Make a batter of 2/3 cornmeal, 1/4 flour and maple syrup. Cover ham with batter 1/2 inch or more thick, wrap in double thickness of cheese cloth and sew up. Put in roaster and baste with fresh apple cider. Bake in hot oven for 30 minutes, reduce heat and bake in slow oven for 3 1/2 to 4 1/2 hours. Baste frequently with cider. Will require at least 1/2 gallon cider.

Remove from oven and cut away cloth. Batter will come off in a crust. Place on large platter, garnish with "red hot" apples. Slice and serve at table with sauce made of whipped cream and horse radish.

### BAKED HAM

Scrub ham with soda, and soak over night in cold water. Boil 4 hours, start in cold water, when it reaches boiling

point, have it simmer. Adding the following:

1 cup vinegar—carrots  
 1 large onion—bay leaves  
 Cloves, celery, mace, etc.

Keep covered with water and when done, let stand in water until cold. Skin and cover with paste of

1/2 cup dry bread crumbs  
 1/2 cup brown sugar

A little flour, moistened enough to hold together

Then stick with whole cloves, put in roaster and bake slowly until hot through. This paste burns easily.

### BAKED HAM

Select 8 or 10 lb. ham  
 Soak 12 hours in cold water  
 Boil gently 2 hours  
 Place in roaster making a paste of  
 1 cup brown sugar  
 3 cups flour  
 2 tablespoons mustard  
 1 teaspoon black pepper  
 2 teaspoon baking powder

Use sufficient vinegar to make a paste or dough to cover ham completely. Place in air-tight roaster at low temperature and cook 2 hours. Remove skin and dough. Score fat. Sprinkle with brown sugar and cloves. Garnish with stuffed peppers.

### BAKED HAM

One slice of ham 2 inches thick. Spread with coating of brown sugar. Cut 1 large cooking apple in quarters. Wash and slice very thin one orange. Place apple and orange around the edge of ham.

Pour over all 1 medium can of tomatoes. Cook slowly in moderate oven until ham is tender.

### DELICIOUS FRIED HAM

Place slices in boiling water and cook until tender. Place in frying pan and brown, and dish on a platter. Fry some eggs by dripping gravy over them until done; instead of turning take up carefully and lay on the slices of ham.

### HAM AND EGGS, COUNTRY STYLE

#### "What Men Like"

Use sliced ham to cover frying pan or 2 slices. Fry ham, then break eggs over the top after adding 1 tablespoon water. Immediately cover with a tight lid and let steam until eggs are set then serve by lifting the ham out with the eggs on top.



**HAM LOAF**

- 1½ pounds cured ham
- 1½ pounds lean beef
- 1½ cups dry bread crumbs
- 1 cup sweet milk
- 2 eggs
- 1 teaspoon pepper
- 2 teaspoons mustard
- 2 tablespoons brown sugar

Grind ham and beef together, beat eggs, add milk and bread crumbs, combine mixtures, add salt, sugar and mustard.

Pack in an oblong pan and bake one hour. Will bake more moist if placed in a pan of hot water while cooking.

**HAM LOAF**

- 1½ pound smoked ham ground
- ½ pound beef ground
- 2 eggs well beaten
- 1½ cups bread crumbs mixed with
- ½ cup sweet milk
- 2 teaspoons mustard
- 2 tablespoons brown sugar
- ½ teaspoon pepper

Make into loaf—pour over it ½ cup hot water and bake 45 minutes.

**SOUTHERN MEAT LOAF**

- 2 lbs. ground beef
- 2 cups corn
- 2 cups bread crumbs
- 1 teaspoon salt
- 2 tablespoons onion
- 1 chopped green pepper
- ⅛ teaspoon pepper
- ¾ teaspoon baking powder
- ½ cup milk
- 2 eggs

Method—Mix all ingredients together. Place strips of bacon in bottom of loaf pan, then the meat mixture. Pack firmly in pan and bake in hot oven 400°F for 50 minutes.

**HAM MOUSSE**

- 1 cup chopped cooked ham
- 1 cup ham stock
- 3 egg yolks
- 1 tablespoon granulated gelatine
- ¼ teaspoon salt
- Few grains paprika
- ½ pint whipped cream

Beat eggs yolks and stir lightly into ham stock; add seasoning and cook in double boiler like custard. Just before removing from fire add gelatine which has been softened in ¼ cup ham stock. Pour custard over ham and stir over ice water until it begins to set. Fold in whipped cream and pour in molds. Serve with parsley or paprika. Serves 8.

**LUNCHEON DISH****Boiled Ham on Toast**

- 2 cups sweet milk
- 1 tablespoon flour
- ½ pound boiled ham
- 4 hard boiled eggs
- ⅛ teaspoon salt and pepper

Heat the milk and mix the flour with a little cold milk. Stir into the heated milk and let come to a boil. Add the chopped ham and eggs. Serve on toast. Sprinkle with paprika. This will serve 6 to 8.

**HAM AND POTATOES**

Sear thick slice of ham in butter. Slice potatoes on top of ham and season with salt and pepper. Cover with tight lid. Place over a low flame and steam until done. This imparts a delicious flavor to the potatoes and when accompanied by a salad makes quite a complete and very easy luncheon to serve.

**HAM LOAF**

- 1¼ lbs. fresh pork (lean)
- ¾ lb. ham (lean)
- Have butcher grind together
- 1 cup cracker crumbs
- 1 egg
- 1 can tomato soup
- Seasoning 1 teaspoon salt

Beat egg and mix with meat and cracker crumbs, add seasoning. Mix can soup with 1 cup water. Stir ½ of soup mixture with meat and form loaf. Pour ¾ of remaining soup mixture over meat and bake (400°) 1½ hours. When loaf is half cooked pour remaining soup mixture over it. Hard-boiled eggs may be laid through the loaf. This may be served hot or cold. Serves 8 or 10.

**PORK LOAF**

- 2 lbs. lean pork
- 1 lb. ham
- 1 egg
- 1 cup cracker crumbs
- 2 cups milk (more if needed)
- Salt and pepper

Mix all together, form into loaf and turn 1 can tomato soup over whole. Bake slowly about 1 or 1½ hours.

**HAM AND VEAL LOAF**

- 1 lb. smoked ham, ground
- 1 lb. veal steak, ground
- 1 cup cold cooked rice
- 3 eggs
- 1 small onion

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**Salt and pepper**

Mix ingredients pack in greased pan, Cover with  $\frac{1}{2}$  cup of milk. Bake  $1\frac{1}{2}$  hours. Serves 6.

**HAM TOASTIE LOAF**

2 lbs. fresh pork  
1 lb. smoked ham  
3 eggs  
1 cup milk  
2 large cups post toasties  
Bake 45 minutes. Serves 20.

**HAM LOAF**

1 lb. lean fresh pork  
 $\frac{1}{3}$  lb. smoked ham  
1 egg  
1 cup post toasties  
1 cup milk  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
Put the ham and pork through the food chopper, add egg, post toasties, milk, salt and pepper. Let stand awhile after mixing well. Make in loaf in roaster. Bake  $1\frac{1}{2}$  hours. Serve 8.

**SWEET HAM AND PORK LOAF**

1 lb. smoked ham  
 $1\frac{1}{2}$  lbs. fresh lean pork  
2 eggs  
1 cup bread crumbs  
 $\frac{3}{4}$  cups sweet milk  
Grind very fine and baste with the following:  
 $\frac{1}{4}$  cup water  
1 cup brown sugar  
1 tablespoon mustard  
Bake 2 hours at 400°.

**DEVILED TONGUE**

1 medium sized beef tongue  
2 lemons  
12 ginger snaps  
Cook tongue in salted water until tender. Remove the skin and cut in half inch slices. Heat 1 pint of the broth, add 1 sliced lemon and the ginger snaps. Stir until smooth and pour over the tongue on a hot platter. Garnish with sliced lemon and sprigs of parsley.

**PRESSED TONGUE**

Cook tongue at simmering stage 4 hours. Remove from liquor and peel. Boil liquor until reduced to 1 pint. Chop tongue finely; now add 1 teaspoon salt, dash cayenne pepper,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon mace, white pepper,  $\frac{1}{4}$

teaspoon ground cloves. Add 3 table-  
spoons of vinegar; mix all together until  
well blended; pack in pyrex loaf dish;  
let stand over night before serving.

**SPICED TONGUE**

Cook beef tongue 3 hours, allowing  
liquor to run low in kettle. Remove, peel,  
then replace in kettle, add  $\frac{1}{2}$  cup vine-  
gar,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup seeded raisins,  
 $\frac{1}{2}$  teaspoon cinnamon and 6 whole cloves.  
Simmer 45 minutes. Serve hot with raisin  
sauce. Add water if necessary to make  
sufficient sauce for serving.

**ROAST LAMB**

Have butcher bone and peel off outside  
skin before cooking. Wash and while  
moist rub well with salt and sprinkle  
with pepper. Drench well with flour.  
Then sprinkle with water. Put pint of  
water in roasting pan and place in hot  
oven. Place lid of roasting pan on top of  
stove so it will be hot. When roast is  
nicely browned, put lid on, reduce your  
heat in oven so will cook slowly. In  
twenty minutes put potatoes in pan  
around the roast. Let cook an hour and  
10 minutes after adding potatoes.

Make thickened gravy after taking up  
lamb and potatoes.

Serve lamb with mint sauce.

**ROAST GRAVY**

Suggestion for roast gravy: Add three  
quarters of a cup of rolled ginger snaps  
to liquid for brown gravy.

**DRESSING TO BE USED ON  
LEG OF LAMB**

$\frac{1}{2}$  teaspoon sugar  
1 level teaspoon mustard  
 $1\frac{1}{2}$  tablespoons garlic vinegar  
6 tablespoons olive oil

Mix all as a French dressing. With a  
small brush cover the leg with the dress-  
ing, especially on the bone ends. Place  
in hot oven (500°) for 15 minutes; turn  
oven to 350° for 2 hours, or until tender.  
Basting often with more of the dressing.

**PIMENTO CHEESE ROAST**

2 cups minced, cold ham, or other left  
over roast  
 $\frac{1}{2}$  pound pimento cheese, pressed thru  
sieve  
2 small canned pimentos cut fine  
1 beaten egg  
3 cups dried bread crumbs  
Salt to taste

Shape into loaf, cover with bread  
crumbs, and bake in moderate oven about

an hour. Baste occasionally with melted butter and water. Serve cold and sliced or hot with tomato sauce.

### VEAL POT ROAST

Have the required weight of veal; put  $\frac{1}{8}$  pound of butter in iron pot, let melt, place meat in and let brown. Add salt and pepper and 1 medium-sized onion sliced thin, 1 large clove of garlic sliced thin, and 6 whole cloves. Let brown and add 1 level teaspoon celery seed and  $\frac{1}{2}$  cup mild vinegar. Nearly cover with boiling water, and keep plenty of water on until tender. Let boil rather low and remove meat, making gravy in the usual manner.

### LAMB STEW

- 1½ lbs. lamb
- $\frac{1}{4}$  cup diced carrots
- $\frac{1}{4}$  cup diced turnips
- 1 small onion
- 2 cups potatoes

Wipe and cut the lamb in pieces. Place in kettle covering with boiling water and cook slowly 2 hours or until tender. After cooking 1 hour, add carrots, turnips and onion. Fifteen minutes before serving, add potatoes cut in thin slices, previously parboiled 5 minutes in boiling water. Thicken with 1 tablespoon of flour diluted with enough cold water to form a thin, smooth paste.

Season with pepper and salt. Serve with dumplings or baking powder biscuit.

### SWEETBREADS A LA KING

- 4 lbs. sweetbreads
- 1 large can mushrooms
- 1 large green pepper
- 1 can pimento
- 8 hard boiled eggs

Boil sweetbreads until tender. Cool and cube. Saute green pepper chopped fine in 3 heaping tablespoons butter. Add mushrooms and let simmer for 10 minutes. Add enough flour and milk for a creamy white sauce. Add chopped pimento and egg and cubed sweetbreads. Cook slowly for 20 to 25 minutes. Serve on toast strips or patties. Serves 12.

### VEAL BIRDS

Buy veal steaks  $\frac{1}{2}$  inch thick. One steak usually makes about 3 birds. Cut the steak to best advantage and make a dressing of bread crumbs, salt, pepper, sage and butter. Put some dressing on each strip, rolling each strip and fasten with a tooth pick. Roll the birds in flour

and fry like chicken until brown. Then nearly cover with boiling water or milk and let simmer slowly about 1 hour.

### MUSHROOM VEAL LOAF

- 2½ lbs. veal from round, ground
- $\frac{1}{2}$  lb. ham, ground
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 4 tablespoons catsup
- 4 tablespoons prepared horseradish
- 1 cup cracker crumbs
- 1 seeded green pepper, chopped
- 1 onion, chopped
- 1 egg, well beaten
- 1 cup finely chopped mushrooms

Mix well together, place in buttered tin on bottom of which 4 slices of bacon have been arranged. Place slice or 2 of bacon on top. Bake in hot oven (400°) 1½ hours, basting frequently.

### VEAL LOAF

- 3 lbs. ground veal.
- $\frac{1}{2}$  lb. ground pork
- 2 eggs
- 3 tablespoons cream
- 1 tablespoon salt
- 1 teaspoon pepper
- $\frac{1}{2}$  cup fine cracker crumbs
- Juice of one lemon

Mix in order given and bake for 2 hours.

### RIBBON VEAL

- 3 lbs. veal
- 6 hard boiled eggs
- 1 can pimento
- Juice of 1 lemon
- 1 teaspoon salt
- Pepper

Cook veal with the knuckle until very tender, having 1 cup broth. Salt and pepper. Chop veal. Pack into a pan or mold  $\frac{1}{2}$  of veal adding  $\frac{1}{2}$  cup broth. Then add a layer of the chopped eggs and pimento and lemon juice, then remainder of veal and broth. Place in ice box until very cold.

### KONKEE DOODLES

- 3 onions
- 1 pkg. macaroni
- 1 round steak
- 1 can tomatoes

Fry onions brown in butter, put in bottom of baking dish, cover with steak cut in small pieces. Add cooked macaroni well seasoned, then the strained tomatoes. Season with salt and pepper and bake in oven.

**BAKED O'POSSUM**

Have o'possum scraped and dressed like young pig. Do not remove skin. Par-boil in salted water, with onions 4 hours. Dip off fat as it rises to the top. Now lift o'possum from water, wipe dry with cloth, fill with sliced apples and place in oven to bake. Bake until skin becomes brown and crisp.

Place o'possum on platter garnished with fried apples. Serve with candied sweet potatoes and cold slaw.

**JELLIED MEAT LOAF**

2 cups cooked meat, diced or chopped  
1 cup stock  
1 tablespoon catsup  
Bit of bay leaf (may be omitted)  
1 clove  
 $\frac{1}{2}$  teaspoon celery salt  
Salt to taste  
Speck pepper  
(All measurements level)

Add the seasonings to the stock, bring to the boiling point, add the gelatin and stir until dissolved, then strain. Add the meat and mold. May garnish with slices of hard-cooked egg and pimento or parsley.

**MEAT LOAF**

1 lb. beef, put through grinder  
1 lb. pork, put through grinder  
2 teaspoons salt  
1 cup milk  
1 cup bread or cracker crumbs  
2 eggs beaten  
Season with crushed celery seeds or few leaves cut small  
Mold into 2 loaves. Bake in hot oven 10 minutes to form crust. Then pour very little hot water into pan and bake  $\frac{3}{4}$  hour.

**PRESSED MEAT**

$\frac{3}{4}$  lb. beef  
 $\frac{1}{2}$  lb. pork  
Boil until tender and grind through food chopper. Use stock and make a thin gravy and mix with the meat. Season with salt and pepper. Press in mold and let cool. This is good sliced and also makes good sandwiches.

**SPANISH MEAT BALL**

1 lb. round steak, ground with  
 $\frac{1}{2}$  lb. lean pork  
1 egg  
 $\frac{1}{2}$  cup raw rice  
 $\frac{1}{2}$  cup milk  
Salt

Mold into balls and drop into boiling mixture of 1 pint tomatoes, 1 onion, 1 pint water, chili powder, 1 teaspoon salt. Let boil 2 hours. May be brought to a boil, covered and baked slowly in oven for 2 hours.

**MEAT BALLS**

$1\frac{1}{2}$  lbs. ground round steak (hamburger or any of the cheaper beef used ground)  
 $\frac{1}{2}$  cup dry bread crumbs  
Salt and pepper  
Moisten with cream

Form into balls or patties, wrap a strip of bacon around, fasten with a toothpick. Put into a very hot skillet, place under broiler fire for 15 to 20 minutes, or until bacon is nicely cooked.

**MEAT BALLS IN TOMATO SAUCE**

One and one-half pound ground beef, seasoned as for meat loaf. Follow your own favorite recipe. Form into balls about the size of an egg and roll in flour. Brown on all sides in hot fat in a skillet. Remove to a casserole and pour over the meat balls 1 can of tomato soup. Place in a medium oven for 45 minutes. Six servings.

**MEAT CAKES**

$\frac{3}{4}$  lb. ground beef  
 $\frac{1}{4}$  lb. ground pork  
1 onion  
1 whole tomato  
1 egg  
 $\frac{1}{2}$  cup uncooked rice

Beat egg in bowl and add meat, onion (chopped), tomato, rice and seasoning. Form into cakes, dip in flour and brown in skillet. Have ready juice from large can of tomatoes. Bring to boiling point. Put in baking dish, add meat cakes and bake 2 hours in a moderate oven.

**CRANBERRY RELISH**

2 cups cranberries (crushed)  
1 orange (skin and all) gem chopped  
1 cup sugar  
Mix and let stand 1 hour before serving.  
Nice with pork or turkey.

**CUCUMBER SAUCE**

$\frac{1}{2}$  cup double cream  
 $\frac{1}{4}$  teaspoon salt  
 A few grains pepper  
 3 tablespoons vinegar or lemon juice  
 1 fresh cucumber

Beat the cream until solid, add salt and pepper and gradually the vinegar or lemon juice. When ready to serve, fold in the cucumber, chilled, chopped coarse and drained.

**HORSERADISH SAUCE**

Cream 2 tablespoons butter, add 2 tablespoons fresh grated horseradish, 1 tablespoon very thick cream,  $\frac{1}{2}$  teaspoon lemon juice. Keep very cold.

**MINT SAUCE FOR BAKED LEG OF LAMB**

Run fresh garden mint that has been rid of large stems and well washed through food chopper. Add tablespoon hot water and let stand a few minutes. Add pinch salt and tablespoon sugar and clear vinegar, making rather thin sauce. Serve cold with the hot lamb.

**MINT SAUCE**

1 cup fresh chopped mint  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{4}$  cup pulverised sugar

Use only leaves and tips of mint; crush them, cover with vinegar and sugar and let stand 2 hours before serving.

**MINT SAUCE**

$\frac{1}{4}$  cup cut chopped mint leaves  
 $\frac{1}{2}$  cup vinegar

$\frac{1}{4}$  cup water

$\frac{1}{4}$  cup sugar

Cook all ingredients in sauce pan over very slow fire for about  $\frac{1}{2}$  hour. Do not allow to boil. Serve hot.

**TOMATO SAUCE**

$\frac{1}{2}$  can tomatoes  
 1 chopped onion  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
 1 clove

Cook together 10 minutes, run through sieve.

Cook together 1 tablespoon each of flour and butter 1 minute; add tomato gradually; stir until smooth and simmer 5 minutes.

**CRANBERRIES****A SURE WAY TO COOK THEM**

1 qt. or 1 lb. cranberries  
 1 cup water  
 2 cups sugar

Cover the berries and water. Cook exactly 6 minutes after first berry pops. Press through colander. Add sugar while fruit is hot and stir well. Need not boil. Pour in mold.

**UNCOOKED CRANBERRY RELISH**

1 cup ground berries  
 $\frac{1}{2}$  orange, including peel  
 $1\frac{1}{2}$  cups sugar

Wash and stem, and grind cranberries. Add orange and peel, which has been cut in small pieces. Then add sugar. Mix thoroughly. This will keep about a week if stored in cool place.

## Fish and Shell Fish

*"The silvery fish, grazing at large in meadows submarine,  
now cheers our festive board."*—Anon.

**SELECTING FRESH FISH.** It is a good plan to select the fish yourself at the market. When fish is fresh it has full or bulging bright eyes, bright red gills, firm flesh, and, above all, a fresh odor. Fresh fish will sink in fresh water. Do not use it if it floats.

**AMOUNT TO BUY.** Allow one-third of a pound of fish for each person if the fish is solid flesh. If a whole fish is bought, about one-half pound per person should be allowed.

### BAKED FISH

Moisten 1 cup cracker crumbs with  $\frac{1}{2}$  cup melted butter. Add salt, pepper, parsley and chopped pickles. Gash fish across sides, fill gashes with thin strips of bacon and dip in above. Bake  $\frac{3}{4}$  hour in roaster with fish on the rack and a little water in the outside pan. Serve with good fish sauce.

### BAKED WHITE FISH OR LAKE TROUT

Split and remove bones, place skin side down in well greased pyrex baking dish. Melt in sauce pan one stick ( $\frac{1}{4}$  lb.) butter and add juice of half a lemon. Pour half of liquid over fish, add salt and bake in a moderate oven for 20 minutes. Baste well with remaining liquid and increase heat. Bake until rich brown, serve at once.

### BAKED FILLET OF FISH WITH OYSTER STUFFING

1 fresh fish (3 to 4 lbs.)  
1 pt. oysters  
Salt  
Pepper  
Lemon juice  
1 egg, well beaten  
1 tablespoon milk  
1 cup crumbs

Season the fillets with salt and pepper, brush with lemon juice and the egg diluted with milk. Lay fillet on oiled fish sheet. Cover with seasoned oysters which have been rolled in crumbs. Lay the other fillet on these. Brush with egg. Cover thickly with buttered crumbs. Bake in

moderate oven 1 hour. Serve with Hollandaise Sauce made as follows:

$\frac{1}{2}$  cup butter  
2 egg yolks  
1 tablespoon lemon juice  
 $\frac{1}{8}$  teaspoon salt  
Pinch pepper

If sauce separates, cream may be beaten into it. Serve hot.

### PLANKED FISH

Split a white fish and remove bones. Heat plank in oven, oil with lard or olive oil and place fish on hot plank skin side down. Baste with melted butter. Place under broiler for about 25 minutes. Remove plank, surround with Duchess potatoes and asparagus tips, return to broiler until potatoes are brown. Remove and garnish with parsley and lemon. Send to table on plank.

### BAKED LARGE CARP

In dressing do not remove skin from fish but scrape and wash thoroughly, then place in flour sack.

Parboil in salt water with onions and celery about one hour. Remove from water, take out of flour sack, dry, stuff with celery leaves, rub with salt and pepper. Place in large pan and bake about  $\frac{1}{2}$  hour. Arrange on platter garnished with cooked vegetables. Serve with lemon sauce.

### DEILED CRABS

1 can crab meat  
4 hard boiled eggs

Mince together, combine with cream sauce made of 1 tablespoon butter and

enough flour and milk to thicken. Place in buttered crab shells or ramekins. Dust over with toast crumbs and bake in medium oven about 15 minutes.

### DEVILED CRABS

Cream sauce:

- 3 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $1\frac{1}{2}$  cups milk
- 4 tablespoons butter
- 4 hard boiled eggs
- 1 large can crab
- 4 tablespoons lemon juice
- 1 tablespoon parsley and
- 1 green pepper, chopped fine

Mix thoroughly and cover with grated cheese or bread crumbs, bits of butter. Bake about 20 minutes.

### CRAWFISH

Remove shells from the tails of common crawfish. Wash and dry. Saute in butter, salt and sprinkle with cayenne. Requires about 25 crawfish for each person.

### LOBSTER NEWBURG

- $1\frac{1}{2}$  lbs. canned lobster
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  teaspoon salt
- Few grains cayenne
- Slight grating nutmeg
- 1 teaspoon lemon juice
- $\frac{3}{4}$  cup cream
- Yolks 2 eggs

Cut lobster meat into small pieces, heat in a sauce pan in the butter. Add the seasonings and the lemon juice, then mix the cream with the beaten egg yolks and pour over the lobster, stirring until thick and smooth. Serve at once over wafers or dry toast. Will serve 6 or 8.

### OYSTER AU GRAUTIN

- 2 cups oysters
- 2 cups celery
- 5 eggs
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 2 tablespoons parsley
- 2 cups fine crumbs
- $\frac{1}{4}$  cup oyster liquor

Drain oysters, boil and strain liquor, beat eggs and add  $\frac{1}{4}$  cup oyster liquor, cooled before adding. Dip oysters in egg, then in crumbs and arrange in baking dish close together, sprinkle with salt, pepper, parsley and celery, alternate until all is used with bread crumbs on top, add any egg mixture left, with one tablespoon butter on top. Bake in slow oven.

### FRIED OYSTERS

Use large fresh oysters, drain, salt and pepper. Dip in beaten egg then cracker crumbs or corn meal, drop in deep hot fat and fry until brown.

### CREAMED BAKED HALIBUT

Remove skin from thick slices of halibut by dipping edges lightly in boiling water. Cut in pieces ready to serve, place in well buttered baking dish, salt and pepper to taste, (use white pepper), Bury well in rich, heavy cream sauce, cover and bake for about one hour in oven at moderate heat, or a little less. Serve with baked potatoes.

### BAKED SALMON

Clean fish thoroughly, wipe dry and salt well inside and outside, pepper slightly. Brush pan with drippings. Place the fish skin side down. Pour over it two tablespoons melted butter and two cups milk. Bake in moderate oven until brown and tender. Remove to hot platter and garnish with parsley. Serve with peas and French fried potatoes.

### BAKED SALMON CASSEROLE

- 1 can salmon
- 1 cup white sauce
- 1 cup rich mayonnaise
- 1 cup rolled cracker crumbs

Mix together and spread half the cracker crumbs on top, bake in casserole until crumbs are browned. Serve hot.

### SALMON CUTLETS

- 1 pt. salmon
- 4 tablespoons butter
- 6 tablespoons flour
- 1 cup milk
- Salt and pepper
- Lemon juice

Bread crumbs or cracker crumbs

Mince salmon and mix in the white sauce made by melting butter, adding flour, then milk and cooking until thick, stirring to keep it smooth. Season with salt, pepper and lemon juice and add bread crumbs or cracker crumbs. Cool and mold, roll in egg and cracker crumbs and fry in deep fat. Garnish with pickled beets, slices of lemon or currant jelly.

### SALMON FRITTERS

- $1\frac{1}{2}$  cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- Pepper
- 1 egg



- $\frac{2}{3}$  cup milk
- $1\frac{1}{2}$  cups salmon
- $\frac{1}{2}$  lemon

Beat egg and add milk and salmon. Sift dry ingredients twice, add to mixture. Add lemon juice, drop by spoonful into hot fat and fry until golden brown.

### SALMON LOAF

Mix  $\frac{1}{2}$  pound of salmon, 1 cup rolled cracker crumbs, 1 tablespoon onion juice, 1 teaspoon grated lemon rind, 3 eggs;  $\frac{1}{2}$  cup sweet milk, 2 tablespoons melted butter, salt to taste. Place in well buttered brown bread can and steam for one hour. Serve hot with Hollandaise Sauce and garnish with lemon and parsley.

### SALMON LOAF

- 1 can salmon
- 2 beaten eggs
- 1 cup cracker crumbs
- 2 tablespoons lemon juice
- 1 tablespoon catsup
- 3 tablespoons melted butter
- Pinch salt
- Pinch pepper

Mix the salmon well, add all other ingredients mix well together, place into a well greased double boiler. Steam 1 hour. Take out of boiler, slice; may be served hot or cold. Garnish with parsley and sliced lemon. Will serve 10 portions.

### JELLIED SALMON LOAF

- 1 can salmon
- 1 small teaspoon mustard
- 2 egg yolks
- Scant teaspoon of salt
- 1 tablespoon of gelatine
- $\frac{3}{4}$  cup of milk
- $\frac{1}{4}$  cup cold water
- $1\frac{1}{2}$  tablespoons melted butter
- 2 tablespoons lemon juice or mild vinegar

Soak gelatine in cold water 5 minutes, then dissolve in a little hot water. Mix salt, mustard and dash of cayenne pepper together and blend with slightly beaten egg yolks. Add butter and lemon juice (or vinegar). Cook all in double boiler stirring constantly until thickened. When cooled slightly, add the gelatine and minced salmon. Place in a mold the shape of a fish if you have one. Place in ice box to chill. Serve on bed of parsley and lettuce. Serve with tomato sauce, mayonnaise or jelled cucumber relish.

### SALMON MOUSSE

- 1 1-lb. can salmon
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{2}$  tablespoons sugar
- 1 teaspoon mustard
- $\frac{3}{4}$  cup scalded milk
- $1\frac{1}{2}$  tablespoons melted butter
- 2 egg yolks, beaten
- $\frac{1}{4}$  cup hot vinegar
- $\frac{3}{4}$  tablespoon granulated gelatine
- 2 tablespoons cold water

Rinse the salmon in a can with hot water and drain thoroughly. Remove skin and bone, and pick the flesh fine with a silver fork, then set aside. Mix the dry ingredients. Pour over gradually the scalded milk and when well mixed place in double boiler and stir and cook 5 minutes. Then add the melted butter, the beaten yolks, with a tablespoon of cold water added and the hot vinegar. Stir and cook a moment. Then add the granulated gelatine, softened in two tablespoons of cold water. Stir until melted. Add the salmon and turn into small molds to harden. Serve with cucumber sauce.

### SALMON PUDDING

- 1 can salmon
- 2 eggs
- $\frac{1}{4}$  cup bread crumbs
- Lump of butter
- Pinch of salt

After draining and saving the juice from the salmon shred it and add the beaten eggs, butter, crumbs and salt. Put in greased pan, set in pan of hot water and bake 1 hour. Serve with sauce of following ingredients:

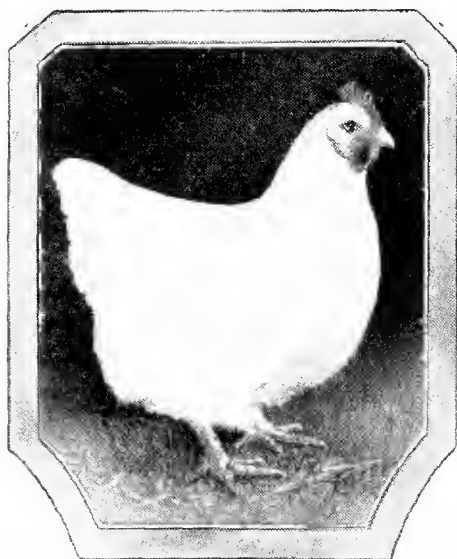
- 1 egg
- 1 cup milk
- 1 tablespoon butter
- Juice of salmon
- 1 tablespoon corn starch

After mixed and partly cooked add juice of a half lemon, salt to taste and paprika.

### LOUISIANA SHRIMP GUMBO

- Cook in bacon fat
- 2 cloves
- Garlic
- 1 onion
- 1 pepper
- 2 cups of okra (sliced thin until brown)
- Add 1 can tomatoes
- 2 quarts water
- Cook two hours. Add 2 cans shrimp, salt, pepper, 1 tablespoon Worstershire Sauce, 1 teaspoon dry horseradish, 1 tablespoon of chile powder. Serve over cooked rice.

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## Poultry and Game

*While speaking of many delicious things,  
Nothing tastes better than something with wings.*

E. T. H.

**TO STUFF POULTRY.** First fill up the opening at the neck and then place the remainder of the dressing in the body. The skin may be brought together and held with a skewer if the body is not too full of dressing, otherwise the opening should be sewed up.

**TO TRUSS POULTRY OR GAME FOR ROASTING.** Clean, dress and stuff as directed. Pull the neck skin to the back of the bird and tie it with a piece of string. Bring the end of the string down over the wings which have been pressed toward the back bone and over the thighs. Cross the ends of the string between the legs and tie securely at the back of the tail. Do not do any tying over the breast as the marks of the cord will show. If the bird is not very fat, lay strips of bacon or salt pork across the breast.

### POULTRY

Poultry includes all domestic birds suitable for food, such as chicken, fowl, turkey, duck, goose, etc. Chicken, fowl, and turkey are nutritious, and chicken is specially easy of digestion. Chickens which appear on the market during January weighing about 1½ pounds are called spring chickens. Fowl is found in market throughout the year, but is at its best from March until June.

### CHICKEN A LA KING

Melt 2 tablespoons butter in frying pan; add ½ green pepper chopped fine, ½ cup mushrooms. Stir and cook 3 or 4 minutes. Add two tablespoons of flour, ½ teaspoon salt. Cook 5 minutes. Add 1 pint of cream. Continue cooking until thick. Set over hot water and add 3 cups of chopped chicken. Cover and let heat. Cream ¼ cup of butter. Beat into butter 3 egg yolks, 1 teaspoon onion juice, 1 tablespoon lemon juice, ½ chopped pimientos, ½ teaspoon pepper. Stir into chicken mixture and cook ten minutes. Serve in patties or on toast.

### CREAMED CHICKEN

2 cups cold cooked chicken, cut in dice  
2 cups white sauce  
½ teaspoon celery salt

Heat chicken dice in sauce, to which celery salt has been added.

### CREAMED CHICKEN WITH MUSHROOMS

Add to creamed chicken ¼ cup mushrooms cut in slices.

### CREOLE CHICKEN

1 medium sized fowl  
½ cup chopped onions  
2 tomatoes  
½ cup rice  
1 cup okra  
11 teaspoons salt  
1 cup boiling water  
1 cup chopped sweet pepper  
1 tablespoon fat

Dress fowl and cut into joints. Melt fat and add onions and peppers; cook for a few minutes to develop flavor, then add salt, tomatoes, okra and simmer for ten minutes. Place layers of chicken, vegetable mixture and rice in cooking vessel until it is all used. Cover this with one cup boiling water. Simmer ½ hour and put into fireless cooker for three hours.

### CHICKEN CHOW MEIN

3½ lb. chicken  
1 stalk celery  
1 or 2 large onions  
4 tablespoons butter  
1 cup chicken broth  
½ pt. cream  
Flour to thicken  
1 can bean sprouts  
1 can mushrooms  
Salt to taste

**1 can Chinese fried noodles**

Stew, bone and cut up chicken, dice and cook the celery, simmer the chopped onions in the butter. Add flour to broth and cream to make thin sauce. Combine all with the sprouts. When hot add the mushrooms, salt to taste (use very little if serving with Soy sauce). Cover platter with half of Chinese noodles, spread with chicken mixture, then remainder of noodles. Pour Soy sauce over the dish, or pass sauce when serving.

**ESCALLOPED CHICKEN**

Cook and pick into small pieces one medium sized chicken. In a greased baking pan place a layer of bread crumbs, then a layer of chicken and so on until the dish is full, seasoning each layer with salt, pepper and butter. Add all the milk bread crumbs will absorb. Bake about half an hour.

**ENOUGH ESCALLOPED CHICKEN FOR COMPANY TOO**

2 qts. minced chicken (2 fat birds boiled)  
1 gal. white sauce, consisting of:  
12 eggs  
1 pt. flour  
1 pt. chicken fat  
Milk  
1 gal. dressing (bread with onion flavor)

Into pan put 1 thin layer dressing, 1 layer white sauce, 1 layer chicken, 1 layer white sauce, etc. Cover with buttered crumbs, bake 1 hour. Make white sauce the night before. Don't short-change this recipe.

**ESCALLOPED CHICKEN**

Boil chicken tender, remove from bones and cut in small pieces. Run the skin and giblets through the food chopper. Mix and season to taste. Put a layer in buttered dish, cover with a layer of cooked rice, then with a layer of cracker crumbs (I sometimes use a layer of cooked noodles also). You may leave it in layers and pour the broth over enough to make right consistency or you may stir it up and mix well together. (I prefer it mixed.) Bake about 30 minutes.

**CHICKENS' LIVERS WITH BACON**

Clean livers and cut each liver in six pieces. Wrap a thin slice of bacon around each piece and fasten with a small skewer.

Put in a broiler, place over a dripping-pan and bake in a hot oven until bacon is crisp, turning once during cooking.

**MARYLAND CHICKEN**

Dress and clean and cut up two young chickens. Sprinkle with salt and pepper, dip in flour, egg and soft crumbs, place in a well greased dripping-pan and bake 35 minutes in a hot oven, basting after first five minutes of cooking with one-third cup melted butter. Arrange on platter and pour over two cups cream sauce.

**CHICKEN PIE**

Stew chicken, remove bones. Make rich gravy of broth. Add chicken to broth. Place in casserole and cover with crust made as follows:

2 cups flour  
2 teaspoons baking powder  
2 tablespoons lard  
½ teaspoon salt  
1 cup milk

**CHICKEN PIE**

Prepare chicken by stewing until tender and meat separates from the bone. Bone, leaving medium sized pieces of chicken and cut up with scissors some of the tender skin. Cook down the water the chicken was cooked in and make a thin gravy. Cover chicken, placed in casserole with gravy. Use following for the crust:

2 cups flour  
1 cup milk  
2 teaspoons baking powder  
1 teaspoon salt  
1 egg, well beaten  
2 tablespoons melted butter

Work all to smooth paste and drop by large spoonfuls on top of chicken and bake.

**PRESSED CHICKEN**

To one cup pressed chicken grind all but bones, add two eggs, one cup bread crumbs, 1 cup almonds, 1 cup chopped celery and chicken stock to moisten. Season with salt and pepper.

**HOT CHICKEN SALAD**

1 pint cooked chicken, minced  
½ teaspoon salt  
¼ teaspoon pepper

- 1 cup canned peas
- 1 pimento, chopped
- 1 teaspoon onion juice
- 1 teaspoon lemon juice

Mix ingredients with one pint cream sauce and serve hot in pastry cups.

#### CREAM SAUCE

- $\frac{1}{4}$  cup flour
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  teaspoon salt
- 1 cup cream or chicken broth

#### SCALLOPED CHICKEN

Cook a 5 or 6 pound hen until tender, with lots of broth. When cool cut in small pieces. Crumble two small loaves of bread, add 8 cups of hot broth, 1 teaspoon powdered sage, salt and pepper to taste. Mix well, grease a large shallow baking pan and spread bottom with 1 inch layer of dressing, spread chicken over this and then cover with thin layer of dressing. Pour over  $1\frac{1}{2}$  cups of broth and bake in hot oven until brown (30 or 40 minutes). Cut in squares and serve with spoonful of gravy on the top of each. Serves 16.

#### SCALLOPED CHICKEN

- 4 or 5 lb. chicken
- 1 lb. sweet breads or veal
- 1 can chopped mushrooms (60c size)
- 4 tablespoons butter
- 5 tablespoons flour, a little more than level
- 1 qt. hot milk
- 1 lemon
- Salt, pepper, buttered bread crumbs
- Nutmeg

Cook chicken until it falls off the bones, veal with it. Dice the meats and chop the mushrooms.

Make white sauce with the butter, flour and hot milk. Season with a dash of nutmeg. Add chicken, mushrooms, veal, juice of one lemon, salt and pepper.

Bake in oven about 30 minutes with a cover of buttered crumbs. Will serve 12.

#### SMOTHERED CHICKEN

Cut up the chicken as for frying, season, dredge well with flour, put in skillet with about  $\frac{1}{2}$  cup of butter and lard, pour over it a cup of hot water. Cover tightly and bake in the oven  $1\frac{1}{2}$  hours. When done take out the chicken and make a gravy in the skillet. A good way to cook chicken too old to fry.

#### FRIED CHICKEN

##### (Southern Style)

Clean, singe and cut in pieces for serving two young chickens. Plunge in cold water, drain but do not wipe. Sprinkle with salt and pepper and coat thickly with flour having as much flour adhere to chicken as possible. Fry out one pound fat salt pork cut in pieces and cook chicken slowly in fat until tender and well browned. Serve with white sauce made of half milk and half cream.

#### SPANISH BAKED CHICKEN

Halve the chicken. Season, brush well with melted butter and roll in flour. Place in baking dish. Add one large sweet onion sliced. Add 1 qt. milk. When nearly done add  $\frac{1}{2}$  pt. cream and bake another half hour.

#### CHICKEN SUPREME

Boil chicken down to 2 cups stock, chop fine, add 1 cup cracker crumbs, season to taste, add pimento if desired. Whip  $\frac{1}{2}$  cup cream, mix with dry ingredients and the stock. Press.

#### CHICKEN TURBOT

Cook one four-pound chicken until tender. Remove bones and cut meat in small pieces with scissors. Melt two tablespoons butter and rub in three tablespoons flour. Add one pint of milk slowly, cooking until nicely thickened. Season with salt and pepper. Add chicken and one can mushrooms cut in small pieces. Pour in baking dish and sprinkle with cracker crumbs. Dot with bits of butter and bake until nicely browned. Serve in casserole.

#### CHICKEN WIGGLE

Boil a chicken in salted water until very tender, cut the best meat in small pieces making 1 pint or 2 cups, 1 cup rich cream

- 1 pt. very fine bread crumbs
- 1 cup milk
- $\frac{1}{2}$  cup mushrooms
- 1 cup peas

#### SAUCE

- 1 heaping tablespoon butter
- 2 tablespoons flour

1 teaspoon salt  
 ¼ teaspoon pepper

Melt butter and add flour, salt and pepper. Add milk and cook, then add cream. Butter a baking dish and pour in a layer of sauce, then crumbs, chicken, mushroom, peas, so on until all are used having sauce and crumbs last. Bake 20 minutes. Three chickens serve 40.

## LEFT OVERS

Bowl of chicken gravy. Small amount of chicken bone stock. Parboil macaroni, drain, then place in baking dish with stock, chicken gravy and ½ teaspoon scraped onion, butter, salt and pepper. Dust with toasted bread crumbs or cracker crumbs.

## DRESSING

For Turkey, Chicken or Roast Pork

Toast 8 slices of bread fairly crisp. Cut into small pieces. Pour boiling water over until moist. Add a little salt and black pepper. Chop one onion fine and add. Also add some celery seed or some diced celery to taste. Add teaspoonful of granulated sage.

Stuff chicken and put remainder outside of chicken in pan with it or put in pan with pork roast where it will absorb the juice of the pork.

To use with turkey add a pound of well washed currants or raisins, or a mixture of both, or a can of mushrooms, or a pint of oysters or whatever you like best.

## TO ROAST WILD DUCK

After duck is dressed nicely, stuff with dressing with plenty of celery and some red pepper. Put duck into a very hot oven until brown, then lower the heat. An hour is sufficient time for baking. A little boiling water may be poured over the duck when about half done. Serve with cranberries.

## ROAST GOOSE

Select a goose not too fat, rub with salt thoroughly inside after having wiped

dry inside and out; rub with butter outside then with flour. This makes a paste which keeps the goose moist. It is necessary to baste often if a double roast pan is used. The dressing should not be very moist. For dressing use bread crumbs, sage, a very little onion, one chopped apple, always melting the half cup of butter and pouring over the dry crumbs, salt and pepper to taste. Serve with quarters of apples on same platter.

## TO DRESS QUAIL FOR BROILING

Singe, wipe and with a sharp pointed knife beginning at back of neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone, then cut through tendons at joints. Chicken is prepared in same manner for broiling.

## BROILED QUAIL

Dress for broiling. Sprinkle with salt and pepper and place in a well greased broiler. Broil eight to ten minutes over a clear fire, turning broiler so that all parts may be equally browned. Serve on toast, garnish with parsley and thin slices of lemon. Currant jelly is nice served with this course.

## TO ROAST THE TURKEY

Singe the bird; cut off feet and head. Take a cloth and wipe carefully, picking out pin feathers. Clean the heart and cut it up fine, put with the liver and giblets into a small sauce pan of water; cook gently for 15 minutes. Set aside till turkey is ready, then put into the brown gravy made in the pan in which the bird has been roasted. For dressing take bread crumbs and roll until fine. Season with sage, salt and pepper and a little butter. Wash the turkey out thoroughly before putting in dressing, and have it wiped dry. After stuffing, sew the opening together with needle and thread. Lay the turkey in the pan; season it with salt and pepper, and shake a little flour over it. Add celery and egg to stuffing. Add a couple teaspoonfuls of water. Have the oven hot and when it's put in, baste every 15 minutes. If oven is right, it will roast in 1½ hours. For a very large turkey, 2 hours.



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## Salads

*My salad days, when I was green in judgment.*

SHAKESPEARE.

A few important points in salad making.

1. Have all ingredients for salad well chilled.
2. Wash salad greens thoroughly, crisp in cold water, and dry on tea towel or wire basket.
3. Cut salad materials in uniform pieces, but not too small so they lose their shape in the mixing process.
4. All ingredients should be thoroughly drained.
5. Choose the appropriate dressing for your salad.
6. Except in a salad like potato salad, do not fold in dressing until just before serving time.
7. Use some kind of salad greens with every salad.
8. Arrange salad daintily and attractively.

### BING CHERRY SALAD FOR TWENTY

- 1 large can and one smaller Bing cherries
  - 1 qt. grape juice
  - 3 cartons lemon jello
  - $\frac{1}{2}$  cup sugar
  - $\frac{1}{4}$  lb. pecan meats unsalted to stuff the cherries. About four cherries to a portion.
- Harden in separate moulds.

### BUTTERFLY SALAD

Place on lettuce halves of pineapple with curved edges out. Make body with stoned dates stuffed with soft cheese. Feelers are made of pieces of pimentos. Spots on wing of slices of stuffed olives. Serve with French dressing.

### CABBAGE SLAW

Shred one medium size cabbage. Prepare dressing by heating the yolks of three eggs with  $\frac{1}{2}$  cup of sugar, and 1 teaspoon of corn starch. Add 2 tablespoons of melted butter with a pinch of salt, to one cup of sweet milk, and  $\frac{1}{2}$  cup of vinegar.

Last fold in the egg whites beaten stiff. Cook in double boiler to medium thickness. Serve cold.

### CARROT SALAD

- 1 cup grated carrots
  - 1 small can crushed pineapple
- Pour over this one pint lemon jello,

prepared according to instructions on box. Serve on crisp lettuce leaves with salad dressing.

### CARROT AND APPLE SALAD (For Two)

- 1 carrot
  - 1 apple
  - 1 tablespoon peanuts
  - Pinch of salt
  - 1 tablespoon salad dressing or lemon juice
- Grind carrot very fine. Grind apple very coarsely. Grind peanuts and mix. Serve on lettuce leaves.

### CRANBERRY PINEAPPLE SALAD

- 1 cup crushed pineapple
  - 1 cup chopped celery
  - 1 cup cranberry sauce
  - 1 box lemon jello
  - 1 cup boiling water
- Dissolve jello in boiling water, cool. Add cranberry sauce, celery and pineapple. Pour into individual moulds. Serve on lettuce with mayonnaise.

### CRANBERRY, ORANGE SALAD

- 1 lb. cranberries ground
  - 2 whole oranges ground
  - 1 cup celery cut fine
  - 1 cup nut meats cut fine
  - 1 cup sugar
  - 2 packages lemon jello
  - 1 cup boiling water poured over jello
- Stir until jello is dissolved. Pour over

above mixture when cool. Put away until set. Cut and serve on lettuce. Use 1 teaspoon mayonnaise. Serves 12.

### CRANBERRY SALAD

- 1 cup raw cranberries
- 1 cup sugar
- Chopped nuts as desired
- Whipped cream as desired
- 4 lettuce leaves

Wash and clean berries; run through chopper; mix with sugar; place in colander and drain at least 1 hour; add nuts; mix enough whipped cream to hold together; serve on lettuce leaf. Serves four.

### CRANBERRY SALAD

- $\frac{1}{2}$  pound raw cranberries
- 1 small orange (skin and all)
- 4 pieces celery
- $\frac{1}{2}$  cup nut meats
- 1 cup water
- 1 cup sugar
- 1 package lemon jello

Bring sugar and water to a boil, add jello, cool, add fruit, celery and nuts ground together, place in small molds, will serve six.

### CRANBERRY AND CELERY SALAD

- 3 cups cranberries
- 2 cups boiling water
- $1\frac{1}{2}$  cups sugar
- 2 tablespoons gelatine
- 1 cup diced celery
- $\frac{1}{3}$  cup walnut meats

Cook cranberries and water together for 20 minutes. Run through sieve. Stir in sugar and cook 5 minutes. Add gelatine dissolved in little cold water. Just before this begins to set, pour half of mixture into a shallow pan, which has been rinsed in cold water. Allow to set, keeping the remainder from becoming stiff. Over the first half sprinkle celery and nuts, pour remainder of gelatine mixture over this and allow to set. Serve on crisp lettuce and garnish with mayonnaise.

### COTTAGE CHEESE SALAD

- 1 cup cottage cheese
- $\frac{1}{4}$  cup nut meats
- 1 sliced boiled egg

Place molds of cheese on lettuce, sprinkle with nuts, garnish with the eggs and serve with whipped cream salad dressing.

### CUCUMBER, CHICKEN, CELERY, SALAD

(Serves Four)

- 2 medium size cucumbers
- $\frac{3}{4}$  cup cut up chicken meat
- 1 cup celery sliced thin
- 1 tablespoon mayonnaise
- 1 tablespoon vinegar
- 4 green olives cut up
- Paprika

Peel cucumbers, cut in half lengthwise, scrape out center, set in salt water  $\frac{1}{2}$  hour, then pack in cracked ice. Add vinegar and paprika to mayonnaise. When ready to serve, wipe cucumbers dry, coat inside with mayonnaise, then fill with chicken, celery, and olives mixed with mayonnaise.

### CUCUMBER AND PINEAPPLE SALAD

Cut equal quantities of pineapple and cucumber into cubes. Place on lettuce leaf and cover with mayonnaise dressing. Then grate yellow cheese over the top and sprinkle with nuts.

### CRAB MEAT SALAD

- 1 stalk of celery cut fine
  - 1 can of peas washed and strained
  - 2 cans crab meat washed and separated
- Mix with good oil mayonnaise. Will serve twelve people.

### CUCUMBER SALAD

Make lemon jelly. Add pineapple, cucumbers and celery cut in dice; color green with vegetable coloring.

#### Dressing

- 1 pint whipped cream
- Juice  $\frac{1}{2}$  lemon
- Pinch of paprika
- $\frac{1}{2}$  cup horse radish
- 2 tablespoon salad dressing

### CRANBERRY SALAD

- 1 quart cranberries
- 2 quarts boiling water

Put through colander after coming to a boil just a few minutes.

Cook 20 minutes after stirring in two cups of sugar. While cooling add 1 cup diced celery, 1 box of lemon jello dissolved in hot water,  $\frac{1}{2}$  cup walnuts. Pour in molds.

**CALIFORNIA SPECIAL SALAD**

Serves six

1 pkg. lemon fruit jell  
 1 cup boiling water  
 White cherry juice and water to make 1 cup  
 $\frac{1}{4}$  teaspoon salt  
 1 cup white cherries cut fine  
 $\frac{1}{2}$  cup nut meats  
 $\frac{1}{2}$  cup celery diced  
 Dissolve fruit jell in boiling water, add cherry juice, water, and salt. Chill. When slightly thickened, add cherries, nuts, and celery.

**CARROT AND PINEAPPLE SALAD**

1 cup boiling water  
 1 pkg. lemon gelatine  
 1 cup cold water (includes syrup drained from can of pineapple)  
 1 small cup finely ground raw carrots  
 1 slices finely cut pineapple  
 Add boiling water to gelatine. Dissolve and add cup of syrup and other ingredients, when cold cut in squares and serve on lettuce leaf with mayonnaise.

**CHEESE SALAD**

No. 1

Heat 2 cups grated pineapple. Juice of one lemon,  $\frac{3}{4}$  cup sugar.  
 1 envelope (2 tablespoonsful) gelatine  
 $\frac{1}{2}$  cup cold water, soak 10 minutes  
 Add this to No. 1 while No. 1 is hot.  
 When partly set add  
 $\frac{1}{4}$  cup grated cheese ( $\frac{1}{4}$  lb.)  
 $\frac{1}{2}$  pint whipped cream  
 Serves 12 or 15 persons.

**CHICKEN BAVARIAN CREAM**

Beat 3 eggs until light, add  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon salt  
 Add slowly 1 cup hot chicken broth. Cook until thick in double boiler. Take from fire and add 1 tablespoon gelatine that has been dissolved in 2 tablespoons of cold water. Set mixture over ice and beat until cold. Then add  $\frac{1}{2}$  cup diced cold chicken,  $\frac{1}{2}$  cup diced celery,  $\frac{1}{2}$  cup sliced almonds and 1 cup whipped cream. Pour in pan and place in refrigerator. Cut in squares to serve. Garnish with parsley as a meat or serve on lettuce as a salad.

**CABBAGE AND PINEAPPLE SALAD**

2 cups finely chopped cabbage  
 1 cup crushed pineapple  
 12 or 15 marshmallows cut up  
 Mix with a boiled salad dressing.

**CABBAGE SALAD**

3 cups shredded cabbage  
 2 cups chopped onion  
 1 can pimento  
 $\frac{3}{4}$  cup sugar  
 Salt and pepper to taste  
 Put sugar on cabbage and onions. Add enough very strong vinegar to dissolve sugar. Put in sealed jar and chill.

**CALIFORNIA SPECIAL**

$\frac{1}{2}$  package gelatine dissolved in  $\frac{1}{4}$  cup of cold water  
 To this add  $\frac{1}{4}$  cup hot water  
 $\frac{1}{4}$  cup vinegar  
 $\frac{1}{4}$  cup of pineapple juice  
 When this begins to cool add  
 1 cup white cherries, seeded  
 1 cup chopped pineapple, and let the whole set  
 When it is molded serve it on lettuce with mayonnaise to which whipped cream has been added. Blanch almonds, heat them in oven until crisp, (do not butter or salt) chop and add some of the mayonnaise and sprinkle over the salad. Six to eight servings.

**DELICIOUS ARGYLE SALAD**

1 can apricots  
 12 marshmallows  
 $\frac{1}{2}$  cup pecan nuts  
 4 egg yolks  
 4 tablespoons vinegar  
 1 tablespoon sugar  
 1 teaspoon of salt, mustard and butter  
 Dash of paprika  
 1 cup whipped cream  
 Place yolks in double boiler. Add vinegar, salt, sugar, mustard, butter and pepper. Stir over fire five minutes. Cool, add marshmallows and nuts cut in small pieces. Place apricots on lettuce, and put spoonful of dressing on them. Will serve 12.

**FRUIT SALAD**

4 egg yolks  
 Juice one lemon  
 $\frac{1}{2}$  teaspoon mustard  
 $\frac{1}{4}$  cup milk

Cook the above until thick.

- 1 cup pineapple
- 1 cup white cherries
- ¼ lb. marshmallows
- 1 pint cream whipped

Mix these with above dressing, folding in cream last and let stand about six hours. Serves six.

### FRUIT SALAD

- 1 grapefruit
- 2 oranges
- 2 slices of pineapple
- Nuts and maraschino cherries
- ½ cup sugar
- ½ cup whipping cream
- 1 tablespoon sugar

Pare grapefruit and orange. Add cut pineapple. Sprinkle with ½ cup sugar and chill. Serve on crisp lettuce leaves. After mixing the chilled fruit with the sweetened whipped cream, garnish with nuts and maraschino cherries.

### FRUIT SALAD

- 10 or 12 apples diced
- ¼ lb. cheese diced
- 1 large can pineapple diced

#### Dressing

One egg well beaten, 1 tablespoon of flour, 2 tablespoons sugar, salt, butter and for the moisture use the pineapple. Cook mixture until thick, let cool and mix with the diced fruit.

### GOLDEN-GLOW SALAD

One package lemon jello. Dissolve in ½ cup boiling water. Add pinch of salt, 1 cup pineapple juice. Allow to partially congeal. To this add and mix 1½ cups pineapple cut fine, 1 cup grated carrots. Let stand three hours

### GREEN GAGE PLUM SALAD

- 1 can green gage plums
- 1 package lemon jello
- 1 package Philadelphia cream cheese
- ½ lb. almonds, cut

Drain juice from plums, add water to make 1 pint. Heat boiling hot, pour over jello. Place a plum and pieces of the cheese in small molds, pour over them the jello when it is beginning to set.

A few drops of green vegetable coloring will make the dish more attractive. Serve in lettuce cups with whipped cream and salad dressing.

### GERMAN POTATO SALAD

Select 12 good sized potatoes. Boil and when cold dice them. Season with salt, pepper, tablespoonful of sugar, parsley, one chopped onion, one tea spoonful of celery seed. Make dressing of three slices of bacon cut fine, fry bacon and add 1 cup of vinegar diluted, thickened dressing with flour. Pour over potatoes. If not moist enough use a little olive oil. Will serve eight.

### GREEN GAGE SALAD

For a single serving. Three or four good sized cooked green gage plums, and sufficient cream cheese to fill cavities after stones are removed. Serve on a lettuce leaf with mayonnaise dressing topped with whipped cream.

### GINGER ALE SALAD

- 2 tablespoons gelatine
- ¼ cup cold water
- 1 cup boiling water
- ¼ cup lemon juice
- 2 tablespoons sugar
- 1 cup gingerale
- ½ cup grapes
- 1 grapefruit
- 1 banana

Soak gelatine in cold water 5 minutes and dissolve in boiling water. Add lemon juice, sugar and gingerale cool. Cut grapes in halves and remove seeds. Separate grapefruit in sections and discard seeds and membrane. Slice bananas. When gingerale mixture begins to stiffen fold in fruit. Turn into large or individual molds which have been dipped in cold water. Remove from molds and serve on crisp lettuce or romaine with mayonnaise. Makes eight or ten servings.

### GRAPE FRUIT SALAD (Easy)

One envelope gelatine dissolved in 2 tablespoons cold water. Add ½ cup boiling water, ⅔ cup sugar, 2 cups grapefruit (juice and pulp). When congealed cover with Philadelphia cream cheese.

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Over this mayonnaise dressing with black walnut meats broken small. Serves 8 hardened in individual molds.

### GINGER ALE SALAD

$\frac{3}{4}$  cupful diced, canned pineapple  
 $\frac{3}{4}$  cupful chopped grapefruit pulp  
 $\frac{1}{3}$  cupful blanched shredded almonds  
 $\frac{1}{4}$  cupful seeded malaga grapes  
 2 tablespoons granulated gelatine  
 $\frac{1}{2}$  cupful cold water  
 Few grains salt  
 Few grains paprika  
 Mayonnaise  
 Lettuce  
 1 cupful gingerale

Soak the gelatine in cold water for five minutes, then dissolve it over hot water. Add one-fourth cupful of the gingerale. Combine the diced pineapple, grapefruit pulp, malaga grapes, shredded almonds, salt and pepper and then add the remaining three-fourths cupful of gingerale. Add the gelatine mixture, stir thoroughly and pour into individual molds which have been dipped in and out of cold water. Chill thoroughly, unmold and serve on lettuce leaves, garnished with mayonnaise. Serves six to eight.

### GREEN PEA SALAD

1 can small sized peas  
 2 apples  
 1 cup celery  
 Walnuts  
 Lettuce and mayonnaise

Drain peas thoroughly, dice the celery and apples, mix with the peas and pour over them a boiled mayonnaise dressing. Arrange on lettuce leaves and garnish with walnuts. French dressing may be used if desired.

### HONEY DEW SALAD

To 3 cups melon, 3 cups grapes skinned and seeded, 2 envelopes of gelatine dissolved in little cold water, add 4 cups boiling water, juice 2 lemons, scant cup sugar, little fruit coloring, green or yellow. Gingerale may be used in place of all water.

### IMPERIAL SALAD

Drain the juice from a half a can of pineapple. Add one tablespoon of vinegar and enough water to make in all a pint of

liquid. Heat to boiling point and add one package of lemon jello. Just as the jello begins to set, add three slices of canned pineapple cubed;  $\frac{1}{2}$  can of Spanish pimientos, shredded and 1 medium sized cucumber, salted and cut fine. Put in molds and serve with cream salad dressing.

### ICE BOX SALAD

$\frac{3}{4}$  lb. marshmallows  
 1 can No. 2 diced pineapple  
 1 small can white cherries  
 1 lb. white grapes  
 $\frac{1}{2}$  lb. shelled pecans  
 1 pint whipping cream  
 2 tablespoons gelatine  
 1 pint cooked mayonnaise

Drain all fruits, whip cream stiff and add to mayonnaise. Soak gelatine in  $\frac{1}{2}$  cup of cold water, then set into pan of hot water to melt, stir in dressing, and nuts and last add fruits.

### MACARONI SALAD

1 package elbow or shell macaroni  
 1 cup diced celery  
 1 tablespoon lemon juice  
 3 chopped sweet pickles (medium sized)  
 2 hard boiled eggs, chopped  
 $\frac{1}{2}$  pound rich cream cheese, shredded

Salt to taste, add small amount of paprika if desired. Cook, blanch and chill macaroni, add other ingredients and enough mayonnaise dressing to make good and moist. Set in ice box several hours to blend. A little chopped onion, and pimento give the above a keen flavor. Makes three good pints.

### MACEDOINE SALAD

1 tablespoon gelatine  
 4 tablespoons water  
 1 cupful boiling water  
 $\frac{1}{4}$  cupful sugar  
 $\frac{1}{4}$  cupful vinegar  
 1 teaspoon salt  
 2 tablespoons lemon juice  
 1 cupful celery, cut fine  
 $\frac{1}{2}$  cupful shredded cabbage  
 $\frac{1}{2}$  cupful fine cut carrots

Soak the gelatine in 4 tablespoonfuls water. When soft dissolve in the boiling water. Then add the sugar, vinegar, lemon juice and salt. When mixture begins to stiffen add the celery, cabbage and carrots. Chill in molds. If desired a small quantity of green peppers, chopped, in addition. Serve with salad dressing.

**MACEDOINE SALAD**

1 cup cooked carrot strips  
 1 cup cooked potato cubes  
 1 cup cooked string beans  
 2 tablespoons finely chopped parsley  
 Shredded lettuce  
 French dressing

**MEAT RELISH SALAD**

$\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  cup of water  
 $1\frac{1}{2}$  cups of sugar  
 Juice from small can sliced pineapple  
 with the following: 8 or 10 sweet pickles

Boil till it threads. When cooled mix chopped or cut fine and 1 cup blanched almonds chopped and the pineapple cut fine. Put in a mold or fill tea cups half full makes nice servings. Serve with mayonnaise.

**MIXED SALAD**

Equal parts cabbage  
 Celery, apples and green grapes  
 1 cup chopped English walnuts  
 $\frac{1}{2}$  cup chopped red cherries

Mix all ingredients together and pour over all. One cup mild sweetened vinegar. Chill and serve with whipped cream.

**Salad Dressing**

$\frac{1}{4}$  cup cream  
 2 tablespoons lemon juice  
 1 tablespoon sugar  
 A dash of red pepper

Whip cream and serve after being chilled.

**MOCK CHICKEN SALAD**

1 can tuna fish  
 2 hard boiled eggs, chopped  
 1 stalk celery diced

Pour boiling water over fish and drain at once. Mix with celery and egg. Add mayonnaise and serve on lettuce leaves with mayonnaise dressing poured over it.

**NEW YORK SALAD**

4 slices of pineapple  
 $\frac{1}{2}$  cup chopped nuts  
 Mayonnaise  
 $\frac{1}{2}$  cup celery  
 2 oranges  
 Lettuce leaves

Cut celery in slender strings  $1\frac{1}{2}$  inch of pineapple slices and garnish with 4 long mixed with nut meats. Pile in center sections of oranges. Lay on pineapple. Will serve 2 or 4 guests.

**NESTED SHRIMP SALAD**

Serves four

Shred enough crisp lettuce to half fill a small salad bowl, add one chopped sweet pickle. Mix with enough mayonnaise dressing to moisten well. Place in salad bowl leaving hollow in center. Remove the little black vein from one can of shrimp, being careful not to break them up; arrange carefully in hollow,

cover lightly with French dressing and serve. A border of hard boiled eggs, or sliced stuffed olives may be used if desired. Nice for picnics, etc.

**NORMANDY SALAD**

Stew very gently in their own liquor one can French peas. When liquor is entirely absorbed by peas remove from fire and allow to cool. Chop  $\frac{1}{2}$  pound English walnuts and add to peas, also 1 cup celery and hard boiled eggs. Mix with mayonnaise and serve on lettuce leaves.

**NISSEN SALAD**

Serves twelve

Boil together for 5 minutes, 1 pint can of shredded pineapple juice and all with 1 cup sugar. Dissolve 1 envelope gelatine with cold water and pour into the hot mixture. Let cool. Add  $\frac{3}{4}$  cup nuts, 1 cup American cream cheese (ground) and  $\frac{1}{2}$  can of pimentos. Fold in 1 cup whipped cream and use the rest of the bottle in the dressing. Let stand over night. This salad is delicious.

**ORANGE SALAD**

2 cups oranges  
 1 cup bananas  
 1 cup white grapes  
 $\frac{1}{2}$  cup nuts  
 $\frac{1}{2}$  cup whipped cream  
 Lettuce

Quarter marshmallows with shears, combine ingredients with mayonnaise or fruit dressing to moisten. Garnish with whipped cream. Serve as dessert with sweetened wafers.

**OLD-TIME POTATO SALAD**

Boil 6 large or 8 medium-size potatoes with skins on. When done drain off water, peel and let cool. Dice four hard-boiled eggs, and when cold cut up fine and mix with potatoes. Cut 2 large onions in small pieces, also mixing with potatoes. Sprinkle with dry mustard, celery salt,

black pepper, and with level teaspoonful of salt. Mix thoroughly together.

Take  $\frac{1}{2}$  teacup of bacon grease, clear it by pouring through cloth. To the hot grease add  $\frac{3}{4}$  cup cider vinegar and heat to the boiling point. Pour this over the potatoes at once and mix thoroughly with a wooden spoon or fork.

If one prefers mayonnaise it can be used instead of the bacon grease and vinegar.

Put in cool place but do not place in Frigidaire.

This will serve 8 people. One can divide the amounts used.

### OVERNIGHT FRUIT SALAD

1  $\frac{1}{2}$  lb. blanched almonds  
2 large cans pineapple  
1  $\frac{1}{2}$  lb. marshmallows  
2 lbs. pink grapes or white cherries  
8 eggs, beaten until light  
1 teaspoon mustard  
 $\frac{1}{2}$  teaspoon salt  
1 cup warm milk  
Juice 2 lemons  
1 qt. cream (whipped)

Let all ingredients except cream cook until thick in double boiler. Add half of cream when mixture is cool. Next morning fold in other half cream.

### OVERNIGHT SALAD

4 whole eggs  
Juice of 1 lemon  
 $\frac{1}{4}$  cup warm milk  
 $\frac{1}{4}$  teaspoon mustard

Mix and cook in double boiler until thick. Let cool. The other ingredients are:

1 pound marshmallows  
1 pint whipped cream  
1 large can of pineapple diced  
 $\frac{1}{4}$  pound blanched almonds slightly toasted  
 $\frac{1}{2}$  pound white grapes.

Dust a pair of scissors in a mixture of cornstarch and powdered sugar, and with it cut each marshmallow into four pieces. Lay all the pieces on waxed paper, being sure to keep them separate. After cutting, dust each piece with powdered sugar. Whip the cream, and then fold in first the salad dressing, second, the fruit, then the marshmallows, and last of all, the nuts. Place in refrigerator. Serve on lettuce leaf with a maraschino cherry on top. This recipe will serve 18 or 20 people.

### PEAR SALAD

Place a slice of pineapple on a lettuce leaf, a half of canned pear on pineapple,

and cover with this dressing.

$\frac{1}{2}$  cup pineapple juice  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt

Mix all together, and add 2 well-beaten eggs. Cook in double boiler until thick, chill and fold in  $\frac{1}{2}$  pint whipped cream.

### PERFECTION SALAD

1 envelope gelatine  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{2}$  cup mild vinegar  
1 pint boiling water  
1 teaspoon salt  
2 cups finely shredded cabbage  
Juice of 1 lemon  
 $\frac{1}{2}$  cup sugar  
1 cup celery cut in small pieces  
 $\frac{1}{4}$  can sweet red peppers finely cut

Method: Soak the gelatine in cold water 5 minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set add remaining ingredients. Turn into mold and chill. Serve on lettuce leaves with mayonnaise dressing. May be cut in dice and serve in cases made of green or red peppers. Delicious accompaniment to cold sliced chicken or veal.

### PERFECTION SALAD

1 package lemon Jello  
2 cups boiling water  
 $\frac{1}{2}$  of a lemon (the juice)  
 $\frac{1}{2}$  cup chopped carrots  
 $\frac{1}{2}$  cup chopped cabbage  
A small portion of chopped sweet peppers and pimentos

Set both recipes away in Frigidaire or refrigerator to chill.

Both are very appetizing.

### PICKLE SALAD

2 cups sugar  
1 cup vinegar  
1 5-cent package cloves  
 $\frac{1}{2}$  box gelatine  
 $\frac{1}{2}$  cup cold water  
1 dozen sweet pickles  
1 cup nut meats  
1 can shredded pineapple

Boil together the sugar and vinegar until it threads.

Soak the gelatine and water several minutes then pour the boiled syrup through a sieve into the gelatine. When cool and beginning to jell add the sliced pickles, nuts and pineapple.

This will serve 10.



### PINEAPPLE AND SHRIMP SALAD

2 cups sliced pineapple  
2 cups shrimp  
Mayonnaise

Cut pineapple into medium sized pieces. Cut shrimp into quarters. Mix with mayonnaise and serve on lettuce leaves, topped with mayonnaise and paprika. Recipe makes 6 servings.

### PINEAPPLE-CARROT SALAD

Use enough boiling water, together with the juice from small can pineapple to dissolve one package of Jello. Just before Jello begins to set stir in small pieces of pineapple and one small carrot grated. Serve with mayonnaise on lettuce leaves.

### MARSHMALLOW FLIP

1 pound marshmallows  
1 cup nuts  
1 can grated pineapple  
2 cups cream, whipped

Sweeten, whip cream, beat in marshmallows, lightly fold in pineapple, add nuts, chill.

### PINEAPPLE AND STUFFED PEPPER SALAD

5 large green peppers  
3 Philadelphia cream cheese  
2 tablespoons gelatine  
¼ cup cold water  
1 tablespoon lemon juice  
½ teaspoon salt  
1 teaspoon paprika  
1 cup whipping cream  
25 slices of canned pineapple  
3 medium heads lettuce or 2 large ones  
1 pint of cream dressing

Wash and cut away stem end of pepper and remove seeds, chill. Soak gelatine in cold water 5 minutes, then dissolve over hot water. Mash cheese and add to gelatin, lemon juice, salt and paprika, work until smooth and creamy then fold in the whipped cream. Fill the cavities of peppers with the mixture and chill until firm. Arrange a slice of pineapple in lettuce cup; cut the peppers crosswise in medium thin slices; place a slice of pepper on pineapple and top with cream dressing.

#### CREAM DRESSING

3 eggs beaten  
1 cup sugar  
3 tablespoons flour

½ teaspoon salt  
½ cup pineapple juice  
Lemon juice  
½ cup water  
2 tablespoons vinegar  
1 cup whipping cream

Beat together in sauce pan, add sugar, flour, salt; blend together. Stir well then add juices, water and vinegar. Place over heat and stir until thick and creamy. Chill and when ready to serve, fold in whipping cream. Season to taste with salt. Serves 25.

### RAW SQUASH, TUNA, POTATO SALAD

(Serves Four)

1½ cups diced boiled potatoes  
½ cup tuna fish flaked  
About two cups raw summer squash  
½ cup whipped cream  
1 teaspoon prepared mustard  
4 ripe olives  
8 thin strips pimento

Peel summer squash, scrape out seeds, slice very thin, set in salt water a few minutes, then pack in ice. Beat mustard in whipped cream. When ready to serve, arrange sliced squash, that has been wiped dry, on salad plates. Mix diced potatoes with flaked tuna fish, then place in mound on squash slices. Drop dressing over top, place ripe olive in center of mound. Garnish with pimento strips.

### RADIO FRUIT SALAD

1 pound white grapes (cut and seeded)  
1 can pineapple (cut in pieces)  
¼ pound marshmallows  
¼ pound English walnuts, cut

#### DRESSING

1 egg  
2 tablespoons flour  
1 cup sugar  
1 slice lemon  
Pinch of salt

Beat together and let come to a boil. Add a small amount of water or fruit juice. Chill.

Whip 1 pint of cream and add. Mix with fruit. Keep cool.

### SALAD

Pineapple  
Carrots  
Lemon Jello

Mix grated pineapple and grated carrots, mix in lemon Jello and chill.

Serve on green glass salad plates—very, very pretty.

MRS. J. C. MCGUIN.

### SALAD

3 oranges  
2 grapefruit

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- 2 apples
- 3 bananas
- 1 cup nut meats, ground

Dice the fruit, season with salt, pepper, paprika, a little sugar, juice of 1 lemon. Pour over salad mixture and serve on crisp lettuce.

### SALAD

- 1½ cup sugar
- ½ cup water
- ¼ cup vinegar
- ¼ cup pineapple juice

Boil to a moderately thick syrup. After taking from the fire add 1 envelope of gelatine which has been dissolved in cold water. When cold but before mixture sets pour it over 8 sweet pickles, 1 pound can of pineapple and ½ pound of pecan nut meats. Nuts, pineapple and pickles should be diced fine.

### SHRIMP ASPIC

- 1 large can shrimp
- 1 large bunch watercress
- 2 cups boiling water
- 1 package lemon gelatine
- 1 tablespoon lemon juice

Dissolve the lemon-flavored gelatine in the liquid ingredients, cool, dip the crisp, dry watercress in the gelatine and line individual molds, which have been rinsed in cold water. Pour in a little of the gelatine and when it begins to harden add layers of watercress and shrimp until filled. Place in refrigerator to congeal. Unmold on lettuce leaves and serve with mayonnaise.

### SHRIMP SALAD

- 1 can shrimp, carefully picked into bits
  - 1 bunch of celery
  - ½ cup of broken nut meats
- Mix with mayonnaise.

### SHAMROCK SALAD

- 2 green peppers
- 1 cup cottage cheese
- 2 tablespoons evaporated milk
- 1 tablespoon cream
- ⅛ teaspoon cayenne pepper
- 2 tablespoons chopped nuts
- Salt

Cut off stem end of pepper, remove seeds and soak in cold water for at least 10 minutes. Combine cheese, milk, cream and nuts, and season with salt and pepper. Pack peppers tightly with cheese mixture. Stand in refrigerator until

ready to serve. Slice across thinly, and lay three or four slices (according to size of peppers) on a bed of watercress or lettuce in such a fashion as to resemble a shamrock. Make a stem out of a slice of green pepper. Serve with creamy salad dressing.

### SALAD

- ½ package Knox gelatine in
- ½ cup cold water stand 3 minutes
- 2 cups boiling water
- Little salt
- ½ cup vinegar
- Juice 1 lemon
- ⅔ cup sugar
- Tiny bit green coloring

When cool add 1 cup each of chopped cucumber and pineapple chopped and drained. Serve with mayonnaise.

### SWEETBREAD AND MUSHROOM SALAD

- 1 pound sweetbreads
- 1 can mushrooms (No. 2))
- 3 hard-boiled eggs
- ½ cup whipped cream
- ½ cup pecan meats
- 2 large stalks celery
- 1 cup mayonnaise

Soak sweetbreads in cold water with salt 1 hour. Simmer gently in boiling water with tablespoon of lemon juice ½ hour. Remove sweetbreads and plunge in cold water to harden. Drain and when cold cut in cubes, eggs, cut mushrooms, dice celery, cut nuts coarsely. When everything is very cold add mayonnaise mixed with whipped cream. Garnish with ripe olives. Serve on lettuce. Serves 12 persons.

### THANKSGIVING SALAD

- 2 tablespoons of Knox Sparkling Gelatine
- 1 quart cranberries
- 2 cups sugar
- 1 cup chopped apples
- ½ cup nut meats
- 1¼ cup celery, diced
- 3 cups water
- 1 teaspoon salt

Soak gelatine in ½ cup cold water 5 minutes. Cook cranberries in 2½ cups of cold water until soft, stir in sugar and cook for 5 minutes. Add gelatine and stir until dissolved. Add salt and strain. When mixture begins to thicken add celery and apples, and turn into a square pan that has been rinsed in cold water. Chill, and when firm cut in squares.

Serve on lettuce leaves, and garnish with a good mayonnaise. This will serve 12.

### STUFFED TOMATO SALAD

Medium sized tomatoes  
2 pounds beef  
1 large onion  
6 carrots  
1 green pepper  
3 or 4 stalks celery  
1 cucumber  
1 heart of head lettuce  
Lettuce leaves  
Salt and pepper

Boil beef until tender, run through food chopper with onion and carrots, using medium knife. Dice the green pepper, celery and cucumber. Cut fine the lettuce heart. Mix all together with either boiled or French dressing, seasoning to taste. Hollow out the tomatoes, fill with the mixture and serve on lettuce leaves.

### STUFFED PEPPER SALAD

Wash and remove the seeds from green peppers and drain thoroughly. Moisten cottage cheese with tomato sauce and fill peppers, packing the cheese in as solidly as possible. Put in a cold place at least 1 hour. Then slice in  $\frac{1}{4}$ -inch slices. Arrange on lettuce and pour French dressing over it.

### SUPERIOR SALAD

1 package of lemon gelatin  
1 cup boiling water  
1 cup cold water or canned pear juice  
1 tablespoon vinegar or lemon juice  
 $\frac{1}{4}$  teaspoon salt  
3 or 4 halves canned pears cut in cubes  
1 pimento, cut in small pieces  
1 cream cheese

Dissolve lemon gelatin in boiling water. Add pear juice, salt and vinegar, or lemon juice and cool.

When the mixture begins to thicken add pears and pimento. Soften cheese with a little milk or cream. Season with salt and paprika. Fold into gelatin mixture small pieces of cheese (about  $\frac{1}{2}$  teaspoon each). Turn into molds and chill. Serve on crisp lettuce with mayonnaise.

### TOMATO JELLY SALAD

1 pint strained tomatoes  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup vinegar (diluted)

1 cup chopped celery  
 $\frac{1}{2}$  can pimentos, cut fine  
 $\frac{1}{2}$  teaspoon salt  
 $1\frac{1}{2}$  tablespoons of gelatine

Soak gelatin in  $\frac{1}{2}$  cup cold water, bring sugar, tomatoes and vinegar to a boil and pour over the soaked gelatin. Add celery and pimentos, put in shallow dish to chill in ice box, cut in squares and serve on lettuce leaf with mayonnaise dressing.

### TUNA FISH SALAD

1 can white tuna fish flaked  
2 cups finely cut celery  
2 pounds Emperor or pink grapes  
Seed and halve grapes. Add celery and fish. Serve with mayonnaise on lettuce.

### TWENTY-FOUR HOUR SALAD

Cook the yolks of 4 eggs. The juice of 1 lemon,  $\frac{1}{2}$  cup of cream and a pinch of salt in a double boiler until it thickens. Let cool and add  $\frac{1}{2}$  pint of cream (whipped). Mix with the above, 1 No. 2 can of diced pineapple, 1 No. 2 white cherries (pitted) and 1 box of marshmallows (cut fine). Chill but do not freeze. This will serve 15 or 20 helpings.

### TWENTY-FOUR HOUR SALAD

1 lb. white grapes or cherries halved and seeded  
1 can of pineapple (diced)  
 $\frac{1}{4}$  pound pecans (added before serving)  
 $\frac{1}{2}$  pound marshmallows (diced)  
1 pint of heavy cream (stiffly whipped)  
Juice of 1 lemon  
 $\frac{1}{3}$  cup of pineapple juice  
Yolks of 3 eggs

Add the lemon and pineapple juice to the egg yolks, cook in the double boiler, stirring until thick. Add the cooled marshmallows and fruits, fold in whipped cream, place in shallow pans and let stand 24 hours before serving.

### WHITE FRUIT SALAD

1 large can pineapple, diced  
3 lbs. grapes, seeded  
 $\frac{1}{4}$  lb. chopped nut meats

#### DRESSING

2 egg yolks, well beaten  
1 tablespoon flour  
2 tablespoons sugar  
Salt, butter and for the moisture use the juice of pineapple and 1 lemon

Cook mixture until thick, cool and serve on fruit. Then cover the whole with whipping cream. Serve on lettuce leaf with cherry on top.

**VEGETABLE SALAD**

- 1 cup cabbage
- 1 cup carrots, cooked or raw and chopped
- 1 cup beets, cooked and chopped
- 1 cup potatoes, cooked and chopped
- 1 cup celery, chopped
- 1 cup tomatoes, chopped
- 1 head lettuce, chopped
- 1 pimento, chopped
- 1 small onion
- 1 cucumber
- 1 bunch radishes

Mix all together, when ready, serve with mayonnaise. Will serve 12.

**WHITE CHERRY SALAD**

Split the cherries by pressing them with the fingers, take a fine pointed knife, make a depression, remove seeds. Stuff with cottage cheese and place in the center a pecan nut. Close at the top and stick a clove in center for stem. Serve with mayonnaise dressing.

**WASHINGTON SALAD**

Soak 2 tablespoons granulated gelatine in 2 tablespoons cold water, 5 minutes, dissolve in  $\frac{1}{2}$  cup boiling water

- Add 1 cup gingerale
- $\frac{1}{4}$  cup lemon juice
- 2 tablespoons sugar
- Pinch of salt

Let stand until it begins to thicken. then fold in  $\frac{3}{4}$  cup celery, cut in thin slices crosswise,  $\frac{1}{2}$  cup apples, cut small, 4 tablespoons shredded pineapple and 2 tablespoons crystallized Canton ginger cut in small pieces. Turn into mold and chill. Can be made a day or two before needed. Will serve 10 or 12 people.

**AVOCADO OR ALLIGATOR PEAR SALAD**

- 1 medium size avocado
- Heart of stalk of celery
- Small solid head of lettuce
- 2 medium size tomatoes
- Your favorite mayonnaise
- Salt, pepper, paprika

Peel avocado and remove pit. Dice the avocado, celery, tomato and add the lettuce chopped finely. Add enough of your favorite mayonnaise to hold the mixture together and season with salt and pepper to taste. Place on salad plates and sprinkle lightly with paprika. Six servings.

**CUCUMBER AND PINEAPPLE SALAD**

- $\frac{3}{4}$  box gelatine, soaked in 1 cup cold water

- 1 cup cucumbers, chopped
- 1 can (No. 2) pineapple diced

Boil juice of 1 can pineapple, juice of four lemons, 1 cup sugar, 2 cups hot water. Put all together with gelatine. Add 1 teaspoon vinegar. Set aside to cool. Serve with mayonnaise dressing to which whipped cream has been added.

**EIGHT-HOUR SALAD**

- 1 pint cream
- 1 tablespoon lemon juice
- 1 No. 2 can pineapple, grated
- $\frac{1}{2}$  cup sugar
- 1 cup nuts
- $\frac{1}{2}$  lb. marshmallows

Drain pineapple, cut marshmallows, whip cream, add other ingredients; mix and let stand eight hours. Serve on lettuce leaf with salad dressing.

**SHRIMP SALAD**

Bring 2 cups strained tomato juice to a boil and add 1 package lemon Jello.  $\frac{1}{2}$  teaspoon salt and pepper to taste.

When cool add 1 cup diced celery,  $\frac{1}{2}$  green pepper chopped and 1 small can shrimp that have been rinsed and broken into bits.

Pour into molds and when firm turn out on lettuce leaves and serve with mayonnaise dressing.

**CHRISTMAS CANDLE SALAD**

- 4 slices pineapple
- 1 green pepper
- Lettuce leaves
- 2 bananas
- 4 Brazil nuts, shelled
- Mayonnaise dressing

On individual plates make nests of lettuce leaves and lay a slice of pineapple on each nest. Peel and scrape the bananas, then cut in halves crosswise, paring the cut end so that the banana will stand upright in the slice of pineapple. Insert a piece of Brazil nut in the top of each banana and make a handle of a narrow strip of green pepper or celery. Just before serving the salad, light the Brazil nuts. Oil in the nuts will burn for some minutes.



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## Salad Dressing

*"To make a perfect salad there should be a spendthrift  
for oil, a miser for vinegar, a wise man for salt, and a  
madcap to stir the ingredients up and mix them well together."*

*Spanish Proverb*

### Plain French Dressing

Fresh green peas  
Vegetable salads  
Fish salads  
Fruit salads  
Cheese salads

### French Dressing with Condiments

Fresh salad greens  
Cold fish  
Shell fish

### Whipped Cream Mayonnaise

Fruit salads

### Plain Mayonnaise

Fish and shell fish salads  
Meat salads  
Vegetable salads

### Mayonnaise with Condiments

Fish and shell fish dishes  
Succulent vegetables, as cucumbers,  
tomatoes and celery  
Cream cheese and nut salads  
Fish and shell fish salads  
Meat salads  
Vegetable salads

## COOKED SALAD DRESSING

1 cup vinegar  
 $\frac{1}{2}$  cup water  
 $\frac{1}{3}$  cup flour  
Salad oil to make thin paste with flour  
1 tablespoon sugar, heaping  
1 teaspoon salt  
3 eggs  
 $\frac{1}{4}$  teaspoon mustard  
Paprika to season

Boil vinegar, water, sugar and salt.  
Pour over paste made of oil and flour  
and stir well over fire until quite thick.  
Cool and add well beaten eggs, mustard  
and paprika. Thin to right consistency  
with cream. Makes about one quart. Is  
nice when one 25c jar of Thousand Is-  
land Dressing is added.

## CREAMY SALAD DRESSING

1 cup boiled mayonnaise dressing  
 $\frac{1}{3}$  cup evaporated milk  
 $\frac{1}{3}$  cup cream  
1 tablespoon sugar

Combine evaporated milk and cream.  
Chill and whip. Add sugar and then fold  
into the salad dressing. This dressing is  
especially nice for all fruit salads.

## COOKED SALAD DRESSING

$\frac{1}{4}$  cup flour  
1 teaspoon salt  
 $\frac{1}{8}$  teaspoon black pepper  
 $\frac{1}{8}$  teaspoon paprika

1 teaspoon mustard  
1 cup sugar  
2 eggs beaten  
 $1\frac{1}{2}$  cup vinegar  
 $1\frac{1}{2}$  cup hot water

Mix in order given; cook in double  
boiler until thick, stirring frequently;  
remove from fire and add  $\frac{1}{4}$  square but-  
ter; when melted mix thoroughly with  
egg beater and cool. Ready to serve.  
Makes one quart.

## COOKED SALAD DRESSING

(Excellent)

3 egg yolks  
3 heaping tablespoons sugar  
1 heaping tablespoon flour  
1 teaspoon mustard  
1 teaspoon salt  
Butter size of walnut  
 $\frac{1}{3}$  cup vinegar filled up with water

Beat eggs and cream with sugar and  
flour, then add other ingredients and cook  
until thick and smooth, stirring all the  
time it is cooking. Add whipped cream  
when serving.

## FRED HARVEY PAPRIKA DRESSING

$1\frac{1}{3}$  cups oil  
1 cup malt vinegar  
1 tablespoon ground mustard  
1 tablespoon paprika  
1 tablespoon salt

1 tablespoon sugar  
 Juice of  $\frac{1}{2}$  lemon  
 1 teaspoon Lee & Perrins Sauce  
 1 egg yolk  
 Start mixing egg with olive oil using 1 tablespoon at a time until it thickens, then add seasoning and vinegar. Beat thoroughly.

### DRESSING FOR FRUIT SALAD

2 cups oil  
 Juice of  $1\frac{1}{2}$  lemons and  $1\frac{1}{2}$  oranges  
 $\frac{3}{4}$  cups powdered sugar  
 $\frac{1}{2}$  teaspoon Worcestershire sauce  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  teaspoon dry mustard  
 $\frac{3}{4}$  teaspoon paprika  
 $\frac{3}{4}$  teaspoon salt  
 Have oil cold, beat it and vinegar alternately, mix dry ingredients and add to wet ingredients. Mint coloring gives it a nice cool color.

### EXCELLENT COOKED MAYONNAISE

1 teaspoon salt  
 1 teaspoon dry mustard  
 2 tablespoons flour  
 4 tablespoons sugar  
 2 tablespoons butter  
 3 eggs, well beaten  
 $1\frac{1}{2}$  cup milk  
 $\frac{3}{4}$  cup vinegar, white, diluted  
 Mix dry ingredients, add eggs and vinegar. Cook until thick. Add whipped cream when serving.

### FRENCH DRESSING

6 tablespoons Olive oil  
 12 tablespoons vinegar  
 3 tablespoons of catsup  
 1 teaspoon paprika  
 1 teaspoon salt  
 1 teaspoon sugar  
 Mix all ingredients in mixing bowl, leaving oil until last and add it gradually. Mix and beat thoroughly using an egg beater and chill.

### FRUIT SALAD DRESSING

4 eggs, beat until light  
 Add 1 cup pineapple juice  
 1 cup lemon juice  
 Put in double boiler and stir until thickens. Season with salt and keep in ice box. Will keep a long time. It is splendid for all fruit salads.

### FRENCH DRESSING

$\frac{1}{2}$  cup sugar  
 2 teaspoons paprika  
 1 teaspoon salt  
 1 teaspoon pepper  
 1 can Campbell's tomato soup  
 $\frac{1}{2}$  cup oil, Mineral or Wesson  
 Stir well and put in quart jar and add one white onion quartered and let stand a few hours before serving. This recipe will make 1 quart.

### HOLLANDAISE SAUCE

$\frac{1}{2}$  cup butter  
 Juice 1 lemon  
 2 egg yolks  
 Dash paprika  
 $\frac{1}{2}$  cup boiling water  
 $\frac{1}{4}$  teaspoon salt  
 Beat the butter to a cream, add yolks one at a time and beat, add lemon juice, salt and paprika. Place the bowl containing these ingredients in hot water and beat as you add the half cup of water. Should be cooked to the consistency of soft custard.

### LEMON SALAD DRESSING

2 eggs slightly beaten  
 Add while beating  
 3 tablespoons melted butter  
 3 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon salt  
 Cook in enameled double boiler, stirring all the time with a silver spoon.  
 Cool and add:  
 $\frac{1}{4}$  cup powdered sugar  
 $\frac{1}{2}$  teaspoon celery salt  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{4}$  teaspoon paprika  
 Before serving whip 1 cup cream and add to above. Sufficient for 12 generous fruit salads.

### MAYONNAISE

Break 1 egg in bowl  
 Add 2 tablespoons sugar  
 1 teaspoon salt  
 $\frac{1}{4}$  teaspoon paprika  
 1 teaspoon dry mustard  
 4 tablespoons vinegar ( $\frac{1}{4}$  cup)  
 $\frac{3}{4}$  cup Wesson oil

Do not stir above mixture.  
 Cook: 4 tablespoons corn starch and 1 cup water until thick and clear. Add to first mixture while hot and beat with egg beater until thick and smooth.



**OIL MAYONNAISE**

- 2 tablespoons flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon mustard
- 6 tablespoons vinegar
- 1 cup water
- 2 egg yolks (do not beat)
- 1 cup Wesson oil

Mix mustard, vinegar and water, pour over mixed dry ingredients. Cook in double boiler and pour over egg yolks. Beat until blended. Put oil in first.

**MAYONNAISE DRESSING**

- 12 egg yolks
- 1½ cups sugar
- 2 teaspoons dry mustard
- 2 teaspoons salt
- 2 teaspoons celery salt
- 1 teaspoon pepper
- 2 lemons
- 2 tablespoons butter
- 1 cup vinegar

Heat the butter in the vinegar. Beat the eggs and dry ingredients in a double boiler, add vinegar and butter. Stir constantly until thick. Add lemon juice, remove from stove and cool. This may be kept indefinitely. Put in a jar and keep cool. Thin with whipped cream. For fruit salad, pineapple juice is a good thinner. For vegetable salad, pickle juice is best. This makes 1 pint before thinning.

**BOILED MAYONNAISE**

- 1 rounded tablespoon flour
- 2 rounded tablespoons sugar
- ¼ teaspoon mustard
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- 2 eggs, well beaten
- 8 tablespoons mild vinegar, (or 7 vinegar and 1 water)
- Lump of butter

Method: Sift together the first five ingredients; stir them well; then add the 2 eggs, well beaten and beat well. To this mixture add the vinegar and butter. Cook on low fire, stirring constantly, until quite thick, and set aside, covered, to cool. When cool, take out a little of this mixture into a small bowl, and add very gradually, light cream, stirring and beating constantly with a tablespoon until of proper consistency. Do not first whip the cream. Use directly from the bottle. The secret of this recipe lies in the amount of stir-

ring and beating. When properly made, this mayonnaise is as smooth and light as any oil dressing, and will keep splendidly in the refrigerator for two weeks or more. For potato salad, omit the cream, and thin with a little mild vinegar.

**COOKED MAYONNAISE DRESSING**

- ¾ cup sugar
- ¼ cup flour
- Mix the above
- 1 cup vinegar
- 1 cup water

- 3 whole eggs (or yolks of five or six)
- Mustard, salt and pepper

Cook to boil. Add butter size of egg and beat.

**COOKED OIL MAYONNAISE****Part 1**

- 2 tablespoons flour
- 1 tablespoon sugar

**Part 2**

- 1 teaspoon prepared mustard
- 4 to 6 tablespoons vinegar
- 1 cup cold water
- Cook until quite thick

**Part 3**

- 1 cup vegetable oil
- 2 egg yolks, not beaten

Combine Part 1 and Part 2, cook until it thickens. Add Part 3 and beat hard with egg beater until cold. Add ¾ teaspoon salt when cold.

**OIL SALAD DRESSING**

- 2 teaspoons salt
- 2 tablespoons sugar
- 2 teaspoons vinegar
- ½ teaspoon pepper
- 2 tablespoons Worcestershire Sauce
- 1½ cup olive or salad oil
- ½ cup tomato catsup
- ¾ cup vinegar

Mix together well by shaking in a glass jar. Vinegar from home-made sweet cucumber or peach pickles adds to the flavor.

**THOUSAND ISLAND DRESSING**

- 3 tablespoons chilli sauce
- 3 tablespoons mayonnaise
- 3 hard boiled eggs grated
- 1 green pepper and little chopped pimento
- Mix well and add whipped cream.

**THOUSAND ISLAND DRESSING**

- 1 cup mayonnaise
- 3 marshmallows
- 2 hard boiled eggs
- 6 sweet pickles
- 1 bottle stuffed olives
- 2 pickled onions
- 1 sweet mango
- 1 cup catsup

Drop marshmallows in warm mayonnaise and cook until dissolved. Cut up eggs, pickles, olives, onion, mango, add catsup, stir and thin with whipped cream.

**OVERWEIGHTS! A DELICIOUS SALAD, OIL DRESSING**

- $\frac{3}{4}$  cup Stanolax (secured from Standard Oil Filling Stations) or mineral oil or Nujol from drug store
- $\frac{1}{4}$  cup vinegar
- 1 egg
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon dry mustard
- $\frac{1}{8}$  teaspoon paprika

Put the above in mixing bowl. Cook to-

gether until clear 3 tablespoons (level) corn starch in one cup cold water then add while hot to the mixing bowl and beat all together briskly until creamy. May add a few spoons of sliced olives, pimento or chile sauce for a thousand island dressing.

**SALAD RING FOR MEAT SALADS**

- 1 package gelatine in 1 cup cold water
- Heat in double boiler until thoroughly dissolved. Cool and add
- 1 cup boiled mayonnaise
  - 1 cup chili sauce
  - 1 cup cottage cheese and lastly
  - 1 cup whipped cream
- Mould in rings. Makes eight rings.

**TO MAKE GARLIC VINEGAR**

Take a few corns of garlic, peel and cut up into small pieces. Pour one pint of boiling vinegar over the garlic and set away. The vinegar is ready to use as soon as cold. The garlic pieces may be left in the vinegar.

## Eggs and Omelet

*"The lay of the morning lark is sweet,  
But give me the lay of the morning hen." ANON.*

The housewife should remember that eggs are more tender, more delicious and more digestible when cooked at a comparatively low temperature. Eggs will coagulate and cook at 186° F, or the simmering point of water. Eggs for beating or boiling should be twenty-four hours old.

### BAKED EGGS

1 qt. or more of white sauce, (thin)  
 $\frac{2}{3}$  cup cheese, cut or grated fine  
 4 eggs, boiled hard, and sliced  
 $\frac{1}{2}$  pimento, chopped fine  
 $\frac{1}{2}$  green pepper, chopped fine  
 Crackers

Dissolve the cheese in the white sauce by setting the mixture in hot water. Season to taste. Line baking dish with the cheese sauce, then a layer of cracker crumbs, a layer of egg slices, and a few sprinkles of pimento and green pepper; repeat until the dish is filled. Cover with cracker crumbs, dot with butter, and bake in moderate oven for 15 minutes, and then turn the fire low for about 15 minutes.

Excellent as an Easter dish, or Sunday night suppers.

### BOILED EGGS

Soft boiled eggs may be prepared in two ways. The eggs may be dropped carefully into boiling water and boiled three minutes or they may be placed in a covered vessel of boiling water and allowed to stand in a warm place for ten minutes. Eggs prepared in this way are sometimes called "Coddled Eggs." Hard boiled eggs should be cooked in boiling water for 15 or 20 minutes and then dropped in cold water to prevent the yolk from turning dark.

### CREAMED BOILED EGGS

Make a thick white sauce of  
 1 cup milk  
 1 tablespoon butter  
 $\frac{1}{2}$  teaspoon salt  
 2 tablespoons cornstarch

When done add three hard boiled eggs

chopped. A little pepper. Serve hot. A pretty dish for a yellow luncheon.

### SOUTHERN POACHED EGGS

(Tennessee)

1 cup thick cream  
 6 eggs (or more)

Heat cream almost to boiling point, break eggs carefully into cream, slightly salt and pepper them, then cook very slowly, basting with the hot cream. Cream should be almost thick and jelly like when eggs are poached. Serve on toast with the cream as sauce.

### OMELET

4 eggs  
 1 tablespoon corn starch  
 2 teaspoons baking powder  
 $\frac{1}{2}$  cup milk (or half water)  
 $\frac{1}{2}$  teaspoon salt

Separate the eggs. Mix all with yolks. Add beaten egg whites and bake.

### PLAIN OMELET

(Foundation Recipe)

Use one egg for each person served, and 1 teaspoon of hot water for each egg. Separate egg. Add seasoning to yolk. salt, pepper or nutmeg. Add water and beat well. Beat whites stiff and fold in yolks. Pour gently into a well greased pan and brown on bottom. Put in oven and continue to cook. When the omelet responds to touch, it is done. Make two cuts at right angles with the handle, dividing into thirds. Slide a spatula and fold. Fry small pork sausages, and then use liquid for greasing the omelet pan. Insert sausages into folded omelet and garnish the top by additional sausages and rim.

This is excellent for a late, Sunday breakfast, if you wish to serve only one other meal that day.

**EGG CROQUETTES**

- 5 hard-boiled eggs
- 1 cup milk
- 1 tablespoon butter
- 2½ tablespoons flour
- Onion juice
- Salt and pepper
- 2 raw eggs

Rub cooked egg yolks through sieve, chop the whites, not too fine. Heat milk in double boiler. Rub butter and flour together, add a beaten egg mixed with a little hot milk before stirring into the boiler, season, stir until smooth and thick. When nearly cold add cooked eggs. Cool and form into croquettes, roll in beaten egg and bread crumbs. Fry to delicate brown in wire basket. Serve with white sauce.

**OMELET**

- 6 eggs (whites and yolks beaten separately)
- ½ pint milk
- 6 level teaspoons corn starch
- 1 teaspoon baking powder
- Pinch salt and small lump butter

Into beaten yolks add half pint milk, corn starch, baking powder, salt and melted butter. Pour into deep pie tin and bake. When done, remove from oven and spread over this a layer of ground ham or beef or chicken or mushrooms and place in oven again and bake until whites are set. Serve immediately.

**SHIRRED EGGS**

Eggs may be shirred in one large baking dish or pan, but are better and look more tempting in individual ramekins or custard cups. Place a small piece of butter in the bottom of each; break the egg; drop it in without breaking the yolk; season with pepper and salt and put another small piece of butter on the top. Bake in a hot oven until the whites are set.

**BAKED OMELET**

- 10 eggs, beaten separately
- 2 cups sweet milk
- 2 tablespoons flour
- 1 teaspoon salt
- Add egg whites last, beaten stiff
- 2 teaspoons baking powder

**OYSTER OMELET**

(Serves Four)

Butter a small baking pan, sprinkle lightly with either bread or cracker crumbs, put in one layer of oysters, salt

and pepper to taste, add bits of butter. Beat three eggs as for omelet, add three tablespoons of milk or cream, pour over oysters and set in moderate oven until eggs are set.

Turn onto hot platter, garnish with cut lemon and parsley, or serve with tomato sauce but serve at once. Potato chips are good with this dish.

**BAKED OMELET**

- 3 eggs well beaten
- 1 cup milk
- 2 teaspoons corn starch
- ¾ teaspoon baking powder
- ¼ teaspoon salt

Mix well and bake in buttered pan 15 or 20 minutes, medium heat. This makes 3 or 4 servings.

**OMELET**

- 3 eggs
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ cup bread crumbs
- Fill cup with milk

Beat eggs separately, salt in yolks and baking powder in whites. Add bread and milk to yolks. Fold in whites and pour in well buttered double omelet pan and cook very slowly. When almost done, set in oven to dry top.

**WHITE SAUCE OMELET**

- 3 tablespoons flour
- ½ teaspoon salt
- Pepper
- 2½ tablespoons butter
- 1 cup milk
- 4 eggs

Blend flour, butter, salt and pepper over fire. Add milk and stir constantly until thick and well cooked. Cool slightly.

Beat egg whites and yolks separately and fold into white sauce.

Pour into hot greased frying pan, cover and place in oven at 350°F for 15 minutes. This makes four servings.

## Vegetables

*"And there were many voices vying at the feast,  
But mostly I remember yours—who spoke the least."*

Meat supplies mainly protein. Peas, beans, and lentils take the place of meat in supplying protein. Nuts are meat substitutes but should be thoroughly chewed until perfectly creamy.

Combinations of vegetables to bake: Peas and asparagus, peas and mint—a sprig of mint added to peas when cooking, peas and potatoes, peas and celery, peas and rice, potatoes and celery.

Peeling Tomatoes—Hold the tomato with long fork over gas flame a few seconds. The heat bursts the skin which will then come off easily.

Canned beans, peas and asparagus should be rinsed before serving. This takes away the can taste. Serve with one quarter pound butter melted to each quart of hot vegetable.

### SCALLOPED ASPARAGUS

- 1 can asparagus
- 5 hard boiled eggs
- 2 cups boiled macaroni
- 2 cups cream sauce
- $\frac{1}{2}$  cup buttered crumbs

In a buttered pan or casserole place layers of macaroni, chopped egg, asparagus and cream sauce; spreading the buttered crumbs over all and make  $\frac{1}{2}$  hour.

Cream Sauce: Rub 4 tablespoons flour and 4 tablespoons butter together; add 2 cups milk; boil until thick; season with salt and paprika.

### BEAN OR HORTICULTURAL LOAF

- 2 cups well cooked beans
- 3 chopped pimentos
- 1 cup bread crumbs
- $\frac{3}{4}$  cup tomato puree
- 2 eggs
- 2 tablespoons bacon drippings
- 1 teaspoon salt, pepper and few drops onion juice

Mix bread crumbs with tomato puree, then add well-beaten yolks of 2 eggs and combine all other ingredients, lastly fold in beaten whites of eggs. Turn into well-buttered mold. Bake until firm. Serve with tomato sauce. One pound beans serves 12 people.

### BEANS BAKED IN MILK

Parboil 1 quart or fewer beans. Throw off the water. Slice a large onion into bottom of baking vessel. Add beans seasoned with salt, bit of pepper, tablespoon sugar or molasses and generous piece of butter. Cover with rich milk. Bake about 5 hours. Keep covered for half the time. If the beans get too dry replenish with milk or water. Never let them get so dry that you cannot see plenty of liquid bubbling around edges. Served with a vegetable salad, bread and butter and fruit dessert or even pie, this is a wholesome meal. For the pie I recommend the English variety made of sliced apples to half fill a baking plate. Season as usual and cover with plain crust and bake until apples are tender.

### HOT POT OF BEANS

- 1 cup navy beans
- $\frac{1}{4}$  lb. steak
- $\frac{1}{4}$  lb. ham
- 1 cup canned tomatoes
- $\frac{1}{2}$  cup minced carrots
- $\frac{1}{4}$  cup minced celery
- 2 tablespoons minced onion
- 1 cup finely diced potato
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon mustard

Wash beans and cover with cold water. Let stand over night. In morning pour

off water. Put meat through food chopper using fat on the ham. Combine all the ingredients, adding about 4 cups of cold water. Bring to the boiling point and simmer, just below actual bubbling point for 8 hours, until beans are tender.

## GREEN BEANS

### Summer Cooked Method

Wash and prepare beans.

Place  $\frac{1}{4}$  cup bacon fat in heavy vessel and when hot place in beans and stir constantly for 10 minutes over hot fire. Add  $\frac{3}{4}$  cup of water (to 2 qts. prepared beans) and place on lid, having fire at its lowest. Do not lift lid for 1 hour or more. Add salt and serve.

## SPANISH BEANS

2 lbs green beans

$\frac{1}{2}$  lb. pork daisy or salt pork

1 large onion

2 large tomatoes or  $\frac{1}{2}$  can

Salt and pepper to taste

Chop the meat and fry in a kettle for  $\frac{1}{2}$  hour adding the chopped onion and tomato. Add beans which have been strung and broken and cook slowly 2 hours, adding  $\frac{1}{2}$  cup of water occasionally to keep beans from scorching. Add salt and pepper to taste when half done.

## ITALIAN BAKED BEANS

2 cups navy beans

1 onion

$\frac{1}{2}$  cup olive oil

$\frac{1}{2}$  cup stuffed olives

3 sweet pickles

1 bunch celery

$\frac{1}{2}$  cup grated cheese

2 cups tomatoes

Soak beans over night in the usual way, then rinse, cover with water and boil for an hour (or two). Cook the tomatoes and the oil together for half an hour. Place beans in baking dish, add onions, olives, pickles and celery, also season with salt and pepper, pour over the strained tomatoes and bake slowly for 2 hours, sprinkle cheese over top and return to oven to brown.

## STUFFED BEETS

Beets

Salt

Butter

Green peas

Paprika

Select medium-size beets, one for each person. Boil until tender and let cool in

water in which they were cooked. Remove the skins and cut out the center, sprinkle with salt and brush over with melted butter. Fill with green peas. Chop the part taken out of center and mix with the remainder of the can of peas. Season with butter, paprika and salt.

Set the filled beets in a baking dish, pour over portion around them and set in oven until hot.

## ZETA CHI BEETS

Let 1 can of beets stand in 1 cup diluted vinegar until it is red. Drain and heat vinegar, add 2 teaspoons flour, 2 butter, salt, pepper. Cook until thick. Cut beets into cubes and pour dressing over them.

## CABBAGE A LA GRATIN

Wash cabbage, cut fine, cook 8 minutes. Boil hard with lid on vessel. Make white sauce and add 1 cup finely cut cheese. Combine cabbage and cheese, season. Place in casserole dish, cover with buttered bread crumbs and leave in slow oven 1 hour.

## DUTCH CABBAGE

One small head of cabbage, cut small as for slaw, put in cold water  $\frac{1}{2}$  hour to make crisp. Cover with boiling water to which has been added 2 teaspoons vinegar and some salt. To one well beaten egg add 2 level teaspoons flour, 3 teaspoons sugar and  $\frac{1}{2}$  cup cream. Add this to the cabbage and cook until thick, salt to taste.

## STUFFED CABBAGE

1 medium size head of cabbage

1 cup cooked rice

1 cup minced ham

1 cup bread crumbs

$\frac{1}{2}$  cup tomato juice

1 egg

Salt, pepper and a few drops onion juice

Mix all ingredients and put in cabbage after it has been in boiling water for a few minutes when the leaves can be opened up so there is plenty of room for filling; when stuffed tie up in cheese cloth and steam until cabbage is thoroughly cooked. Serve with tomato sauce.

## CASSEROLE CABBAGE

2 teaspoons salt

2 tablespoons butter

- 2 beaten eggs
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  cup heavy cream or milk
- 2 teaspoons vinegar

Boil cabbage until tender—about an hour. Chop and drain, then add this dressing and bake in hot oven in buttered dish until surface is light brown.

Stir together. (Recipe for whole cabbage).

## STUFFED CABBAGE

Cut out the heart of a medium sized cabbage. Fill the cavity with 1 pound seasoned hamburger. Place a leaf of cabbage over top; tie up in cloth and cook in salted water for 2 hours. Serve whole on platter with cream gravy.

## RED CABBAGE

Medium size head of red cabbage

- 2 large apples
- 1 medium size onion
- $\frac{1}{4}$  cup vinegar
- 3 tablespoons sugar
- Pepper and salt

Cut onion in small pieces and place in kettle. Slice apples and add to onion, then add shredded cabbage. Just cover with water and simmer for 3 hours, do not stir. Add vinegar, sugar, salt and pepper to taste. Stir and simmer about 30 minutes longer.

## FIVE-MINUTE CABBAGE

- 1 qt. cabbage, shredded fine
- 1 pt. milk

Boil together for 2 minutes.

### MAKE SAUCE OF

- 2 level tablespoons butter
- 2 level tablespoons flour
- 1 cup rich milk

Melt butter and add flour and blend together, add milk gradually and cook until smooth. Will make a thick sauce. Season with salt and pepper. Add the cooked cabbage and milk and mix thoroughly, cover and cook for 3 minutes. Serves 6. This is delicious and crisp and liked even by those who never eat cooked cabbage. It is nice to put it into a casserole and cover with butter crumbs; brown, but do not cook more.

## CARROT LOAF (Meat Substitute)

- 2 bunches carrots
- 2 small onions
- 2 cups bread crumbs

- 2 tablespoons melted butter
- 1 cup nuts
- 2 eggs, well beaten

Put carrots, onions and nuts through a meat grinder; mix all together; make into a loaf and bake.

Serve with a white sauce. Serves 6 persons.

## BRAISED CARROTS

- 2 lbs. carrots
- $1\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup butter
- 2 tablespoons hot water

Wash and scrape carrots, cut lengthwise into quarters. Place in baking dish, season, add butter and water, cover, place in oven with the meat dish at 500° for 30 minutes, then bake 30 minutes more at 400°.

## CARROT NUT ROAST

- 3 cups diced, cooked carrots
- 3 cups dried bread crumbs
- 1 egg
- 1 cup tomato, put through sieve
- 1 cup broken English walnut meats
- Little sage, celery salt and salt

Bake slowly  $\frac{1}{2}$  hour and serve with the following sauce:

- 2 cups strained tomato
- Butter size of English walnut
- 1 bay leaf
- Dash of cloves

When boiling add thickening of flour and water. Strain through sieve. Lentils, peas or beans may be used instead of carrots. When lentils are used serve with cranberry sauce.

## CARROT PUFF

Cut large ends of the carrot off and hollow out. These cups should stand about 2 inches high. Cook in boiling salted water until tender. When ready to serve fill center with buttered peas.

## CARROT CUPS

- 2 eggs
- 1 tablespoon butter
- Salt and sugar to taste
- $\frac{1}{2}$  pt. No. 2 cream (coffee)

Cook about three bunches of carrots, mash as fine as possible.

Do not use milk. Bake  $\frac{1}{2}$  to  $\frac{3}{4}$  hours. Marshmallows on top.

**FLEMISH CARROTS**

- 6 large carrots
- 2 tablespoons butter or vegetable fat
- 1 small onion
- 1 teaspoon sugar
- ½ teaspoon salt
- Pinch of pepper
- 1 cup soup stock
- 1 teaspoon chopped parsley

Scrape, slice and cook the carrots in boiling salted water until tender; drain. Heat the butter, slice the onion into it and cook until tender but not brown. Add the carrots, sugar, salt and pepper, cook for 10 minutes, shaking the pan occasionally. Add the stock, cover and simmer for 20 minutes. Turn into a serving dish, sprinkle with the parsley and serve hot. A beef cube or teaspoon meat extract may be dissolved in hot water and substituted for stock.

**ESCALLOPED CAULIFLOWER**

Soak 1 small head of cauliflower, stem up, in salt water 20 minutes; drain. Cook slowly, stem down, until tender. Dice 3 cups carrots and cook until tender, then stir in 2 cups white sauce. Arrange in casserole. Bake 20 minutes. Serve hot.

**SCALLOPED CAULIFLOWER**

Soak the head of cauliflower in salt water for 1 hour. Boil until tender. Break apart and place in buttered baking dish and sprinkle a little salt over it. Slice 2 hard-boiled eggs; then pour over all a cream sauce. Spread. Cover with buttered bread crumbs and bake until bubbles come up through crumbs or until brown.

**SAUCE**

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon salt
- A few grains pepper

Melt butter; add flour mixed with seasonings and stir until thoroughly blended. Pour in milk gradually, stirring to keep the sauce smooth.

**BAKED CORN**

- 1 can corn
- 1¼ teaspoons salt
- ½ cup milk
- ⅓ teaspoon pepper
- 1 tablespoon butter

Turn the corn into a baking dish. Add the milk, salt, pepper and butter. Place in the oven and bake slowly 1½ hours.

**BAKED CORN**

- 4 ears corn
- ½ cup bread crumbs
- ½ teaspoon salt
- 2 eggs
- ½ cup milk
- 1 teaspoon sugar
- Butter

Cut the top of the kernels of corn and scrape out the rest. Mix corn, bread crumbs, salt and sugar. Beat eggs until very light; add milk and add to corn mixture. Turn into a well-buttered baking dish, dot with bits of butter and bake 40 minutes in a moderate oven. Serves 6 or 8.

**CORN FRITTERS**

- ½ cup milk
- 2 cups boiled corn cut from cob
- 2 cups flour
- 1½ teaspoon salt
- ⅓ teaspoon pepper
- 3 teaspoons baking powder
- 1 tablespoon melted shortening
- 2 eggs

Place in bowl corn, milk, flour with salt, pepper and baking powder. Add shortening and well-beaten eggs. Beat all together thoroughly, drop into hot fat, spoonful at a time. Place on unglazed paper. Serve at once.

**KENTUCKY CORN PUDDING**

- 2 cups grated corn (can corn may be used)
- 1 cup milk
- 2 eggs
- 2 tablespoons melted butter
- Salt and pepper as desired

Mix well, turn into buttered baking dish. Place dish in hot water, bake in moderate oven until consistency of custard.

**CORN-OYSTERS FOR THE PICNIC**

Mix canned corn, rolled crackers, eggs and salt into a fairly stiff mass, in any desired quantity. Fry bacon, and then drop large spoonfuls of this batter into the fat. Turn oysters over, and serve with the bacon.

**CORN FRITTERS**

- 1 egg, beaten light
- ⅓ can corn, stirred into the egg
- Sprinkle into the mixture ⅓ cup flour



into which 2 teaspoons baking powder have been stirred  
 ½ teaspoon salt

Use small bowl and Dover beater. Fry like pancakes on oiled griddle. Rice or meat may take place of part of the corn.

### SOUTHERN CORN PUDDING

1 can corn

2 eggs

1 teaspoon salt

½ teaspoon pepper

2 tablespoons melted butter

2 tablespoons sugar

1 pt. scalded milk

Beat eggs slightly and mix all ingredients together. Pour into a greased pudding dish and bake until firm. Serves 6 persons.

### GREEN CORN SOUFFLE

2 tablespoons butter

2 tablespoons flour

1 cup scalded milk

¼ cup grated corn

½ teaspoon salt

3 eggs

Dash cayenne pepper

Melt butter, add flour and blend well, and add gradually the scalded milk, salt, pepper and corn. Remove from fire, add beaten egg yolks. Allow the mixture to cool. Cut and fold in carefully the stiffly beaten egg whites. Pour into buttered pan and bake in a slow oven 25 to 30 minutes. This recipe can be used for cheese souffle by omitting the corn and using ¼ cup of grated cheese.

### DEVILED CORN

¼ cup melted butter

½ cup flour

1½ teaspoon salt

¾ teaspoon dry mustard

¼ teaspoon paprika

1½ cup hot milk

1 can corn

1 egg

Cracker crumbs for top

3 teaspoons Worcestershire sauce

Mix flour in melted butter. Add salt, mustard, paprika. Add all to hot milk, then corn and beaten egg. Beat all together and then add Worcestershire sauce, cover with cracker crumbs, dot with butter and bake from 20 minutes to ½ hour or until it is set like a custard.

### CORN OYSTERS

1 pt. grated sweet corn

1 egg

½ cup cream

1 cup flour

½ teaspoon baking powder

Salt and pepper

Mix and bake on griddle like cakes.

### CORN OYSTERS

1 cup corn

¼ cup flour

1 or 2 eggs

½ teaspoon salt

Pinch of pepper

Into well-beaten egg, add other ingredients. Drop by spoonfuls into deep fat. Fry golden brown.

### EGG PLANT

Cook egg plant until tender. Drain and mash, season with salt and pepper. Add cracker crumbs until thick enough to make into patties, then roll in cracker crumbs and fry in butter.

### EGG PLANT, ONIONS AND TOMATOES

Peel and slice egg plant, onions and tomatoes in a covered baking dish, well buttered; place a layer of egg plant, a layer of onions, a layer of tomatoes, salt, pepper and small lump of butter; repeat until dish is filled. Place in oven and bake 1½ hours.

Either fresh or cooked tomatoes may be used and green pepper may also be added if liked.

### EGG PLANT AND TOMATO

Cut the vegetable into thick slices, peel, sprinkle with salt and let stand ½ an hour. Wipe with cloth and fry in butter, and set aside.

Fry thick slices of nearly ripe tomatoes or use pulpy parts of canned ones, put in layers in buttered dish, alternating with the fried egg plant. Salt lightly and also lightly sprinkle with cheese if desired. Fill the baking dish thus and place in slow oven for ½ hour.

**PARSNIP OYSTERS**

- 1 cup nuts
- 1 cup boiled rice
- 4 parsnips
- 2 beaten eggs
- 4 tablespoons flour
- Salt and pepper

Chop nuts and mix with rice. Press cooked parsnips through sieve and add eggs and flour. Combine all and form into oyster shape. Fry in hot fat. Serve immediately.

**PEPPERS A LA CREOLE**

- 3 large green peppers
- 3 medium sized tomatoes
- 6 slices bacon
- 1 teaspoon chopped onion
- 1 cup cooked rice
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $\frac{3}{4}$  cup hot water

Cut peppers in halves, remove seeds. Remove skins and cores of tomatoes, cut into fine pieces. Cut  $\frac{3}{4}$  of each slice of bacon quite finely, trying cut with onion. Mix all together, stuffing pepper cavities. Place on each pepper the uncut  $\frac{1}{4}$  of bacon slice. Surround peppers with hot water in baking pan. Cover pan, baking 15 minutes in moderate oven.

**PEAS AND MUSHROOMS**

Make heavy white sauce, add can of peas, small can of mushrooms. Put in oven few minutes in casserole.

**STUFFED MANGOES**

- 1 lb. round of beef
- 1 egg
- Lump of butter
- Bread crumbs
- Tomatoes
- Salt and pepper

Soak mangoes  $\frac{1}{2}$  hour in salt water; drain and stuff with the cooked, ground beef, combined with other ingredients. Bake  $\frac{1}{2}$  hour covered, and  $\frac{1}{2}$  uncovered in pan half filled with water.

**ESCALLOPED RHUBARB**

- 1 cup sugar
- 2 cups rhubarb cut in small pieces
- 3 cups bread squares
- $\frac{1}{4}$  cup melted butter

Bake in buttered dish one half hour.

**CANDIED SWEET POTATOES**

- 6 sweet potatoes
- $\frac{1}{3}$  cup melted butter
- $\frac{1}{3}$  cup brown sugar

Parboil potatoes in salted water until nearly cooked. Drain, peel and cut in 2 lengths. Put layer of sweet potatoes in shallow dish, sprinkle with brown sugar and  $\frac{1}{2}$  the butter, add another layer of sweet potatoes and the remainder of butter and sugar. Bake in oven an hour.

**SWEET POTATO BALLS**

Boil the sweet potatoes with a little salt. Mash and roll in a ball around a marshmallow, roll in post toasties and fry in fat until heated through.

**SPINACH**

- $\frac{1}{2}$  pk. spinach
- 2 tablespoons butter
- 1 teaspoon chopped onion
- 2 tablespoons bread crumbs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $\frac{1}{8}$  teaspoon nutmeg
- 1 cup soup stock or meat gravy and hot water

Pick off the roots and the decayed leaves, wash in 3 or 4 waters. Put the spinach in a large kettle without water. Let cook slowly, until some of the juice is drawn out, then boil about 15 minutes or until tender. Drain and cut very fine. If spinach is old cook in 1 quart boiling, salted water. Heat the butter in a spider, add the onions and ham, then the bread crumbs and the seasoning, and gradually the soup stock or gravy and hot water, then add the spinach. Heat through and if desired garnish with poached or hard-boiled eggs, sliced.

**SPINACH RING**

- 3 cups cooked spinach
- 1 small onion, minced fine
- 2 tablespoons butter
- $\frac{1}{2}$  cup bread crumbs
- 2 cups rich white sauce
- 2 eggs
- Salt, pepper, paprika

Brown the onions in the butter and add the spinach, which should be finely chopped. Add the crumbs, cream sauce, beaten egg yolks and season to taste. Let cool and fold in the stiffly beaten egg whites. Turn into a ring mold which has been well oiled. Cover and set in a pan of hot water in a moderately hot oven (375 degree F) and bake until firm,

about thirty minutes. Turn out on a chop plate and serve at once. The center of the ring may be filled with any creamed vegetable—carrots give an especially nice touch of color—but mushrooms seem to be the most popular. This will serve eight.

## SUMMER SQUASH SOUTHERN STYLE

Peel, remove seeds and dice 3 (more or less according to size) squashes. Place in a kettle to boil until tender and well drained of water. Remove to frying pan into which has been placed  $\frac{1}{4}$  pound of butter. Stir squash carefully until well browned. Season with salt and pepper.

## ESCALLOPED TOMATOES

Scald and peel 12 medium sized tomatoes  
1 cup sugar  
 $\frac{1}{4}$  lb. butter  
2 medium sized onions  
6 slices of stale bread

Butter a baking dish and cover bottom with bread cubes. Slice  $\frac{1}{2}$  of the tomatoes, 1 onion. Add  $\frac{1}{2}$  of the sugar, salt, and pepper and cover with bread crumbs. Slice the rest of the tomatoes and onions, add seasoning and cover with remaining cubes of bread. Dot with butter and bake in a moderate oven about an hour or until onions are well cooked.

## BAKED TOMATOES

7 large, firm ripe tomatoes  
 $\frac{1}{2}$  cup cracker crumbs  
1 small can sardines  
1 tablespoon butter  
 $\frac{1}{4}$  cup chopped olives  
Salt to season and a bit of red peppers  
1 hard boiled egg

Cut center from tomatoes. Mix with meat from centers, the cracker crumbs and sardines, butter, chopped olives and seasonings. Fill tomatoes, place slice of egg on each and bake tomatoes until skins burst. Serve steaming hot.

## DEVILED TOMATOES

Medium-size tomatoes cut in half. Sprinkle with salt, a little grated cheese, a layer of fine bread crumbs and a few tiny lumps of butter. Bake in oven 15 minutes, and brown under broiler. Serve on platter with bits of parsley.

## SPANISH TOMATO

2 onions  
6 tomatoes, good size  
1 bell pepper, large  
Add 6 or 8 pods of okra cut crosswise  
Vary by adding 1 cup cooked rice when ready to serve  
Cut onions fine and cook in fat in aluminum frying pan. Add cut tomatoes, and pepper without seeds. A small chili pepper completes the Spanish flavor. Cook  $\frac{1}{2}$  or  $\frac{3}{4}$  hour. Add salt to taste.  
Very good canned for winter.

## BAKED TOMATOES AND EGGS

Select smooth, good-sized tomatoes, cut out the stem, making a neat hole, scoop out part of the meat of the tomatoes, being careful not to break the skin. Sprinkle with salt, break an egg into the tomato skin, add a lump of butter, put in a buttered pan with just enough water to keep from scorching. Bake in a moderate oven until eggs are done.

## POTATO APPLES

$1\frac{1}{2}$  cups hot riced potatoes  
Yolk of  $\frac{1}{2}$  egg  
2 tablespoons butter  
 $\frac{1}{2}$  teaspoon salt  
Few grains white pepper

Mix ingredients and stir until well blended. Shape in the form of small apples. Arrange on buttered baking sheet. Brush over with yolk of egg diluted with  $\frac{1}{2}$  teaspoon cold water. Put a little paprika on one side. Insert cloves in both stem and blossom ends. Bake in hot oven until thoroughly heated and glazed.

## SPECIAL BAKED POTATOES

Wash medium-size potatoes. Bake slowly until done. Take from oven remove potato from shell, season with salt, butter and cream. Beat until smooth. Refill shells, sprinkle tops with buttered cracker crumbs. Put in oven again until thoroughly heated and brown on top.

## DUCHESSE POTATOES

2 or 3 freshly boiled, mashed potatoes  
1 egg  
Mix potato with egg yolk, form into balls or cakes. Place upon greased tin

brush with beaten egg white and brown in oven. Sweet potato may be used.

### POTATO WITH PIMENTO

Cook potatoes until half done. Dice with pimentos. Melt  $\frac{1}{2}$  pound butter in iron skillet. Put in potato and pimento, press down well. Let stand on back of stove 45 minutes until brown on the bottom. Do not stir. Serve on hot platter.

### POTATO DUMPLINGS

1 cup flour  
1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup milk  
1 egg  
1 cup mashed potatoes

Sift dry ingredients together; add milk, beaten egg and mashed potatoes, mix lightly until smooth. Wet spoon in 1 quart boiling hot broth in deep sauce pan, drop by rounded spoonfuls, wetting spoon each time. Cover partially and boil gently until all are done when pricked by a fork. Will serve 6 or 8.

### SCALLOPED POTATOES AND HAM

Slice potatoes and alternate in greased baking dish with layers of ground ham, a little flour and seasoning. Add milk to almost cover and bake slowly.

### POTATOES AU GRATIN

2 cups cold boiled potatoes  
2 cups cream sauce  
3 tablespoons grated cheese  
Buttered bread crumbs  
Salt and red pepper

Slice the potatoes and add them to the hot cream sauce, bring all to a boil, remove and add the cheese and seasoning. Pour all into a baking dish, sprinkle with bread crumbs, set in the oven to brown.

### CREAM SAUCE

1 tablespoon butter  
1 cup milk  
1 tablespoon flour  
 $\frac{1}{2}$  teaspoon salt  
Dash of black or red pepper

Melt the butter, being careful not to brown it, add the flour, stir until smooth,

then add the milk gradually, stirring constantly, until it boils.

### SWEET POTATOES

Boil and mash; mix with egg and post toasties; make in ball around  $\frac{1}{2}$  marshmallow; roll in cracker crumbs and fry in deep fat.

### CANDIED SWEET POTATOES

Peel sweet potatoes. If large, cut in size to serve. Put in white enamel pan, add cup of sugar,  $\frac{1}{4}$  cup of butter and just enough water to cook potatoes. When done they have a rich syrup which is quite thick. When cooked on top of stove it takes less time than in oven. They should be done in 30 or 40 minutes.

### SWEET POTATO SOUFFLE

Boil until well done 3 sweet potatoes. Peel, mash well with  $\frac{1}{2}$  pint butter. Add  $\frac{1}{2}$  pint rich milk. Cream yolk 3 eggs with 1 cup sugar, add to potato mixture. Flavor with nutmeg or grated lemon or orange peel. Fold in whites of the 3 eggs beaten to froth. Place in baking dish in oven. Marshmallows may be placed upon potato in dish if wished.

### CASSEROLE OF VEGETABLES

1 cup diced lima beans  
2 cups diced celery  
 $\frac{1}{2}$  cup minced green pepper  
4 medium sized onions  
2 cups canned tomatoes  
Salt and pepper  
2 tablespoons butter

Wash beans and soak over night in cold water to cover. In the morning cook until tender, letting water cook away as much as possible without burning. Drain off surplus water and add celery, pepper, onions peeled and sliced, tomatoes, salt, pepper and butter. Turn into a buttered casserole and bake 1 hour in a moderate oven. Thin slices of bacon can be arranged over the top before baking and the butter omitted if preferred.

## VEGETABLE GRILL WITH BACON

Remove a round piece from stem end of a tomato, fill with soft bread crumbs mixed with  $\frac{1}{2}$  teaspoon of melted butter and seasoned with salt and pepper and a little onion. Bake until tender. Serve on 2 large slices of candied sweet potato, add 2 broiled mushrooms and 2 slices bacon, oven broiled.

## VEGETABLE NUT LOAF

In this loaf, peanut butter is used, but chopped peanuts may, of course, be substituted.

2 cups cooked lima beans  
2 cups diced cooked carrots  
 $\frac{1}{2}$  cup dry bread crumbs

6 tablespoons peanut butter  
2 tablespoons butter  
1 tablespoon minced onion  
1 tablespoon chopped parsley  
 $\frac{1}{2}$  teaspoon celery salt  
1 egg  
 $\frac{3}{4}$  cup milk  
Salt and pepper

Chop the lima beans and carrots and add crumbs. Mix the peanut butter and shortening together and add with the seasonings to the first mixture. Then add the beaten egg combined with the milk and mix well. Turn into a well greased loaf pan and bake in a moderate oven (350 degrees F) until firm and brown, about one hour. Serve with a white sauce. A green pepper, cut in small pieces and parboiled for five minutes, may be added to the sauce. This serves eight.

# PRAIRIE ..ROSE.. BUTTER

## THE MAKING OF A MEAL



THE MERIDEN  
CREAMERY COMPANY

Hutchinson, Kansas

## Hutchinson, Kansas

## Cakes

*"Cake making is a pleasing art. A cake can be compared to a lecture, An orchestral rendition, or a beautiful solo by an artist."*

Good cake is attained only by careful measuring, more careful mixing and most careful baking.

Pastry flour makes a finer and more delicate cake than ordinary flour.

Too much flour will cause a cake to bake with a lump in the center, to be tough and stiff and usually to crack open. Too much baking powder will make it coarse and cause it to dry quickly.

Give the batter a vigorous beating after you add the flour. The well-beaten egg-whites should be added last, folding them into the batter very gently.

Sweet milk makes cake that cuts like pound cake; sour milk makes spongy, light cake.

Always sift flour before measuring, then it may be sifted again with the baking powder to insure their being thoroughly blended.

In making fruit cakes, add the fruit before putting in the flour, as this will prevent it falling to the bottom of the cake. Flouring the fruit is unnecessary unless the fruit is damp.

In creaming butter and sugar, when butter is too hard to blend easily, warm the bowl and if necessary, warm the sugar, but never warm the butter, as this will change both texture and flavor of the cake.

The smaller the cake, the hotter should be the oven. Large, rich cakes require very slow baking.

### ANGEL SPONGE CAKE WITH MARSHMALLOW GRAPE WHIP

1 $\frac{1}{4}$  cup egg whites (9-11 whites)  
1 cup and 2 tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon cream of tartar  
6 egg yolks  
 $\frac{1}{2}$  cup cake flour for white part  
 $\frac{1}{2}$  teaspoon vanilla for white part  
 $\frac{2}{3}$  cup cake flour for yellow part  
 $\frac{1}{2}$  teaspoon orange extract for yellow part

Beat egg whites on large platter until foamy. Add salt and cream of tartar, beat until stiff but not dry, carefully fold in sugar.

Divide the mixture into two parts. To one part carefully fold in  $\frac{1}{2}$  cup flour sifted five times and  $\frac{1}{2}$  teaspoon vanilla.

To the other part fold in 6 beaten egg yolks,  $\frac{2}{3}$  cup flour sifted five times and  $\frac{1}{2}$  teaspoon orange extract.

Put by spoonfuls into ungreased angel pan, alternating yellow and white, so the

cake will be spotted yellow and white.

Bake 60 minutes in slow oven (300-350F). Invert pan and let stand 40 minutes before removing from pan. Serves 12.

### MARSHMALLOW WHIP

6 oz. grape juice  
2 boxes marshmallows @ 9c each  
 $\frac{3}{4}$  pint whipping cream  
 $\frac{1}{2}$  cup pecan meats

Cut marshmallows in small pieces and soak two hours or overnight in grape juice, whip cream and add it and the nut meats to the grape juice.

Serve on wedge-shaped piece of Angel Sponge Cake above.

Serves 12.

### APPLE COFFEE CAKE

2 cups flour  
 $1\frac{3}{4}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 cup sugar  
 $\frac{1}{2}$  teaspoon cinnamon

- 1 cup sour milk
- $\frac{1}{2}$  teaspoon soda
- 1 egg beaten
- $\frac{1}{8}$  cup hot water
- Flavor if desired

Mix as you would a cake, pour in baking pan and on top, slice apples thin. Sprinkle with  $\frac{1}{2}$  cup sugar, 1 teaspoon cinnamon, broken nuts and bake 30 minutes. This is good served warm.

### APPLE SAUCE CAKE

- 1 cup sugar
- $\frac{1}{3}$  cup butter
- 1 egg
- 1 cup apple sauce (mix)
- 1 teaspoon soda
- 1 teaspoon cinnamon, cloves & B. P.
- 2 cups flour
- 1 cup raisins
- 1 cup nuts

### APPLE SAUCE CAKE

- $1\frac{1}{2}$  cups apple sauce
- $1\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup shortening
- $2\frac{1}{2}$  cups flour
- 2 teaspoons soda
- 1 cup raisins
- Pinch salt
- Spice to taste

Cook apples without sugar and with as little water as possible.

### APPLE SAUCE CAKE

- $\frac{1}{2}$  cup butter
- 1 cup sugar
- 1 egg
- 4 tablespoons hot water
- $2\frac{1}{2}$  cups flour
- $1\frac{1}{2}$  cups thick apple sauce
- 2 teaspoons soda—level
- 1 cup chopped raisins or dates
- $\frac{1}{2}$  cup chopped nut meats (any kind)—spices to taste

Cream butter and sugar, add beaten eggs, beat well, stir in apple sauce and soda dissolved in hot water, add flour and last the floured raisins and nuts. Bake in loaf in moderate oven about 50 minutes.

### ANGEL NUT CAKE

- 1 cup sifted cake flour
- 1 cup egg whites (8 or 10 eggs)
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon cream of tartar
- $1\frac{1}{4}$  cups fine sifted granulated sugar
- 1 teaspoon vanilla
- $\frac{3}{4}$  cup nut meats (pecans)

Sift flour once, measure, sift four times. Beat egg whites and salt with wire whip, when foamy add cream of tartar. Continue beating until stiff but not dry. Fold in sugar tablespoonful at a time. Sprinkle tablespoon of flour over nuts and mix together well. Fold remainder of flour into batter from sifter slowly. Add vanilla and nut meats, folding only enough to make smooth batter. Pour into ungreased angel cake pan. Place in unlighted oven, light oven, begin heat very low  $275^{\circ}\text{F}$ , after 15 minutes increase to  $325^{\circ}\text{F}$ , bake about 1 hour altogether. Remove from oven, inverting pan until cold, remove from pan and ice.

### YELLOW ANGEL CAKE

- 9 egg yolks
- 1 teaspoon baking powder
- $1\frac{1}{2}$  cups sugar
- 1 cup flour
- $\frac{1}{2}$  cup water
- 1 teaspoon almond extract
- 1 teaspoon orange extract

Sift flour and baking powder twice. Beat egg yolks until light, add sugar gradually, beat lightly. Cut and fold flour and baking powder into the mixture then add water and flavoring. Mix until light and creamy. Bake in loaf for one hour at  $350$  degrees. Care should be taken when removing from pan to avoid falling. Let stand until cold.

### BROWN STONE CAKE

(Never Fail)  
Part 1

- $\frac{1}{2}$  cup chocolate
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup water
- 1 egg yolk

Boil Part 1 and add to Part 2 while hot.  
Part 2

- 1 cup sugar
- 1 cup butter
- $\frac{1}{2}$  cup water
- 2 cups flour
- 2 eggs
- 1 level teaspoon soda sifted in flour

Put together in usual way. Bake in two layers, and put together with seven minute icing.

### BURNT SUGAR CAKE

- $\frac{1}{2}$  cup granulated sugar
- 1 cup hot water

Melt the sugar in a skillet over a slow fire until quite brown. Add the hot water and boil. Set aside to cool.



- 2 eggs, separated
- 2½ cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 3 tablespoons of the burnt sugar syrup

Cream the butter and sugar, add beaten egg yolks, part of the flour, then the other ingredients. Whip the egg whites and add last. Beat very hard, bake in a moderate oven. Use a boiled icing made with the remainder of the burnt sugar syrup.

### CARROT CAKE

- 1½ cups sugar
- 1½ cups cold water
- 1 cup seeded raisins
- 2 tablespoons butter
- 2 grated carrots (of good size)
- 1 teaspoon of cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg

Put all the ingredients into a sauce pan and boil very slowly for about five minutes. Remove from fire and allow the mixture to become perfectly cold (never use while warm). Then add

- 1 cup walnut meats
- 2 cups flour
- Pinch of salt
- 2 teaspoons baking soda

Bake very slowly in loaf tin for about one and a quarter hours. This makes a delicious fruit cake.

### CHOCOLATE POTATO CAKE

- 2 cups sugar
- ¾ cup butter
- 4 eggs
- ¼ cake of chocolate, melt with ½ cup boiling water
- 1 cup mashed potatoes
- 2¼ cups flour with 1½ teaspoons soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla

Mix in the order given, bake in a moderate oven.

### CHOCOLATE LAYER CAKE

- 1½ cups granulated sugar
- ¼ pound butter
- 3 eggs
- ¾ cup milk
- 2 cups flour
- 2 teaspoons baking powder
- 1 square unsweetened chocolate
- 1 teaspoon vanilla

Cream together sugar and butter, add beaten yolks of eggs, melted chocolate, milk, flour and baking powder, sifted several times, vanilla, whites of eggs beaten dry, bake in two layers.

### CHOCOLATE CAKE

- 2¼ cups cake flour measured after one sifting
- 2 cups sugar
- 3 level teaspoons baking powder in flour
- 1 cup milk
- 2¼ cup cake flour measured after one
- 2 squares chocolate melted over hot water
- 4 eggs beaten separately
- ¾ cup chopped nuts dredged in teaspoon of flour
- 1 teaspoon vanilla extract
- Pinch of cinnamon

Bake in loaf and ice with white or chocolate icing.

### CHOCOLATE CAKE

- 1 cup sugar
- ½ cup butter
- 2 squares chocolate melted
- 2 tablespoons boiling water
- 3 eggs, one at the time
- 1 cup sour cream
- 1½ cups flour
- 1 teaspoon soda in 1 tablespoon boiling water

### CREAM CAKE

- 3 eggs
  - 1 cup sugar
  - 1 cup flour
  - 1 teaspoon baking powder
  - 1 tablespoon cold water
- Stir all together. Bake in moderate oven. When cold split open and put cream between.

### CREAM FOR INSIDE

- ½ cup sugar
  - 1 tablespoon flour
  - 1 egg
- Beat together and pour into ½ pint hot milk. When cooked and cool, flavor with juice and grated rind of lemon (or vanilla).

### CHOCOLATE CAKE

#### DARK PART

- 2½ squares chocolate, grated; or ¼ cake chocolate
- 1 cup sugar
- ½ cup milk
- 1 egg yolk

Mix the above together and cook until thick. Add 1 teaspoon vanilla. Let cool.

#### WHITE PART

- 3 cups sugar
- 1 cup milk

2 teaspoons baking powder

1 cup milk

Mix well with dark part and bake in moderate oven. Use white or chocolate frosting.

### CHEESE CAKE

1 lb. cottage cheese

2 eggs

½ pint cream

2 tablespoons flour

4 tablespoons sugar

Mix cheese, yolk of eggs, flour and sugar, whip cream and white of eggs and add to other ingredients.

Small amount of grated lemon rind for flavoring.

Bake in a rich biscuit crust.

(A favorite cake in the east but little known here.)

### GERMAN COFFEE CAKE

¾ cup sugar

2½ tablespoon butter

1 yolk of egg

⅓ grated lemon and a little lemon juice

Stir above ingredients well. When creamy add alternately a little flour and a little milk until ¾ cup flour and ¾ cup milk have been added.

Then add a teaspoon of baking powder. (Put baking powder in flour, then into mixture.)

Add 1 white beaten dry.

Grease and flour cake pan. Bake. When half baked, spread 1 beaten egg over top of cake. Then add a mixture of flour, cinnamon, butter, and brown sugar. Finish baking.

### CHOCOLATE ROLL

3 tablespoons cocoa

2 tablespoons flour

½ cup sugar

1 pinch baking powder

Sift above together. Five eggs separated and beaten thoroughly and then mixed together. Add the dry ingredients, vanilla and bake 20 minutes in moderate oven. Turn out on cloth, sprinkle with granulated sugar. Allow to cool. Cover with whipped cream and roll. Serve in slices.

### CHOCOLATE CAKE

½ cup of butter

2 cups of sugar

3 eggs

½ cup of milk

2½ cups of flour

2 teaspoonfuls cream of tartar

1 teaspoonful soda

½ cake of chocolate dissolved in ½ cup of hot water

1 teaspoonful of vanilla

Cream butter and sugar, add yolks of eggs, also flour after cream of tartar and soda has been sifted into flour. Add melted chocolate and white of eggs well beaten.

This makes a very rich 2 layer cake.

### CHOCOLATE ROLL

5 eggs

1 cup powdered sugar

2 tablespoons flour

3 tablespoons cocoa (level)

To the well-beaten yolks add the sugar and beat until creamy. Add flour and cocoa, and fold in stiffly beaten egg whites. Spread in shallow pan.

Bake in slow oven 20 or 25 minutes. Turn out onto damp cloth. Let cool slightly, then spread with 1 cup of heavy cream (whipped, sweetened and flavored).

Roll as for jelly roll, then ice with the following.

1 cup sugar

½ cup milk

3 tablespoons cocoa

Piece of butter

Cook until creamy.

### CREAM CAKE

1 egg

1 cup sugar

1 cup cream

1 cup flour

1 teaspoon baking powder

Whip cream and put between layers.

### MRS. DEGENER'S CHRISTMAS CAKES

1 qt. honey

1 qt. (or less) chopped nuts

1½ tablespoons baking powder

1 teaspoon cloves

1 lb. sugar

2½ lbs. flour

⅓ lb. citron

1 tablespoon cinnamon

¼ teaspoon nutmeg

Let the honey come to the boiling point, have half the flour ready to mix with the honey; put the nuts and citron in the flour, the spices in the honey. Add the

remainder of the flour with the baking powder. Roll out, cut into small squares and let stand until the next day, then bake in a slow oven. These may be kept a year and are better for being old.

### COCOA CAKE

2 eggs  
2 cups brown sugar  
 $\frac{1}{2}$  cup cocoa  
 $\frac{1}{2}$  cup butter  
1 cup sweet milk  
2 cups flour  
1 teaspoon soda

### DELICATE CAKE

2 cups white sugar and  
 $\frac{3}{4}$  cup butter, creamed together  
 $\frac{3}{4}$  cup milk  
8 egg whites, beaten stiff (added last)  
3 cups flour  
3 teaspoons baking powder  
Flavor as desired

### DELICATE WHITE CAKE

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
1 cup sweet milk  
4 whites of eggs  
2 cups flour  
2 heaping teaspoons baking powder  
1 teaspoon flavoring  
Beat eggs stiff. Add eggs last thing to batter. Cream butter and sugar together. Add flour and milk a little at a time.

### DOLLY VARDEN CAKE

2 cups sugar  
 $\frac{3}{4}$  cups butter  
1 cup sweet milk  
4 cups flour  
3 eggs  
2 teaspoons cream tartar  
1 teaspoon soda  
Divide into 2 parts. To one part add:  
2 tablespoons molasses  
1 cup chopped raisins  
Cinnamon, cloves and allspice to taste  
Bake in layers, dark in center for layer cake. Excellent for individual picnic cakes.

### DEVIL'S FOOD CAKE

Cook 1 egg yolk,  $\frac{1}{2}$  cup sugar,  $\frac{3}{4}$  cup of cocoa and  $\frac{1}{2}$  cup of milk to a thick paste, then let it cool. Cream  $\frac{1}{2}$  cup of butter. Add slowly 1 cup of sugar, then 1

egg yolk, and the chocolate paste. Then add 1 cup of sweet milk in which has been dissolved 1 teaspoon of soda and 2 cups of sifted flour (cake). Fold in the beaten whites of 2 eggs. Add salt and vanilla. Bake 25 minutes in a slow oven.

### SOUR CREAM DEVILS FOOD

$1\frac{1}{2}$  cups granulated sugar  
 $\frac{1}{2}$  cup butter  
3 eggs beaten separately  
 $1\frac{1}{2}$  squares chocolate  
1 teaspoon soda  
1 cup sour cream  
2 cups flour  
Vanilla

Mix as usual and bake from  $\frac{3}{4}$  to 1 hour in square loaf pan.

### CHOCOLATE ICING

1 square chocolate melted over hot water  
2 teaspoons butter  
2 teaspoons coffee

Flavor with vanilla and thicken to right consistency to spread with powdered sugar.

### DEVIL FOOD CAKE

2 cups brown sugar  
 $\frac{1}{2}$  cup butter  
2 eggs  
 $\frac{1}{2}$  cup cocoa  
 $\frac{1}{2}$  cup hot coffee  
1 cup sour milk  
2 teaspoons soda  
3 cups flour  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon vanilla

Put brown sugar, butter and eggs in a dish, beat together. Pour hot coffee over cocoa and let cool. Add milk, flour, soda, salt and vanilla.

### DEVIL'S FOOD

Heat 4 tablespoons cocoa in  $\frac{1}{2}$  cup sweet milk, over a low fire until thick. Set to cool, add 1 teaspoon soda and cool. Take  $\frac{1}{2}$  cup butter, 2 cups sugar and cream, add 1 whole egg and beaten yolks of 2 eggs. Beat well. Sift 2 cups flour and add alternately with 1 cup sour milk. Add cocoa mixture, fold in beaten whites of the two eggs and add 1 teaspoon vanilla. Bake 30 to 45 minutes in layers. Put together with chocolate frosting or divinity frosting.

### DATE CAKE

1 cup hot water  
1 cup chopped dates — pour hot water over dates and when cool add 1 teaspoon soda

Cream 2 tablespoons butter

Add  $\frac{1}{2}$  cup sugar

Add 1 egg well beaten

Add  $\frac{1}{2}$  cup more of sugar

Add water and dates

Add  $1\frac{1}{2}$  cups flour

Add  $\frac{1}{2}$  teaspoon salt

Add  $\frac{1}{2}$  teaspoon vanilla

Add  $\frac{1}{2}$  cup chopped nut meats

Bake 40 minutes in slow oven. Serve with whipped cream.

### DATE NUT CAKE

1 lb. dates

1 cup boiling water

1 level teaspoon soda

1 cup sugar

Butter size of egg

1 egg

Pinch salt

$1\frac{1}{2}$  cups flour

1 teaspoon baking powder

1 teaspoon vanilla

1 cup broken pecan nuts

Wash and seed dates (cut fine), dissolve soda in boiling water, pour over dates and let cool, add sugar and butter and egg creamed, add salt, add flour and baking powder (sifted several times), add vanilla, add nuts. Bake 1 hour in slow oven.

### DIVINITY FUDGE CAKE

2 cups sugar

$\frac{3}{4}$  cup butter

$2\frac{1}{4}$  cups cake flour

1 cup milk

3 teaspoons baking powder

4 eggs

$\frac{3}{4}$  cup nut meats (black walnut preferred)

2 squares melted chocolate

Pinch of salt

1 teaspoon vanilla

Cream the butter and sugar. Add beaten egg yolks then the flour which has been sifted with the baking powder, alternately with the milk. Put in the chocolate, flavoring, and the nuts which have been slightly floured. The stiffly beaten egg whites last. Bake in layers about 25 minutes.

### BROWN SUGAR ICING

2 cups light brown sugar

$\frac{1}{2}$  cup milk

$\frac{1}{2}$  cup butter

Boil this mixture until it forms a soft ball in water. When slightly cooled, beat until creamy and spread between the layers.

### DEVIL'S FOOD CAKE

(Red)

1 cup white sugar

$\frac{1}{2}$  cup shortening, scant

1 cup cold coffee

2 squares melted chocolate

1 egg

1 teaspoon vanilla

1 teaspoon soda

Dissolve chocolate in  $1\frac{1}{2}$  cups flour

### FILLING

One cup brown sugar,  $\frac{1}{2}$  cup white, 6 tablespoons canned milk, cook about the consistency for fudge and then as it cools thin with canned milk, flavor with vanilla.

### DEVIL'S FOOD

1 square bitter chocolate

1 tablespoon butter

1 cup sour cream

$\frac{1}{2}$  teaspoon soda

1 cup sugar

2 egg yolks

$1\frac{1}{4}$  cups cake flour

1 teaspoon baking powder

1 teaspoon vanilla

2 egg whites

Melt chocolate, add butter and melt, cream sugar, chocolate, and butter, add beaten egg yolks, beat the soda in the sour cream, and add alternately with flour which has been sifted with the baking powder, add vanilla and fold in egg whites. Bake in 3 layers in moderate oven.

### FILLING

$\frac{1}{2}$  cup light brown sugar

1 tablespoon flour

$\frac{1}{2}$  cup sweet cream

$\frac{1}{4}$  cup butter

Cook until thick and spread between layers.

### ICING

1 square bitter chocolate

1 tablespoon butter

1 cup white sugar

1 whole egg

4 tablespoons sweet cream

Melt the chocolate, add butter, sugar, egg, and cream, and cook until it forms a soft ball when dropped in cold water, and spread on top and sides of cake.

### EXCELLENT DEVIL'S FOOD CAKE

#### First Part

$\frac{1}{2}$  cup butter or substitute

$\frac{1}{2}$  cup sour cream

1 level teaspoon soda

- 2 eggs
- 1 teaspoon vanilla
- 2 cups flour before sifting
- 1 teaspoon baking powder

#### Second Part

- 2 squares unsweetened chocolate
  - $\frac{1}{2}$  cup sugar
  - $\frac{1}{2}$  cup boiling water
- Mix well, let cool and add to first part of cake.

Cream, butter and sugar, if Snowdrift or Crisco is used (which is just as good as butter) add a pinch of salt. Beat eggs and add to sugar and butter. Sift flour several times, add baking powder to flour, stir soda into sour cream, add to cake batter. Lastly, add second part of cake which should be cool, add teaspoon of vanilla, bake either in 2 layers or loaf.

### WONDERFUL DATE CAKE

- 1 cup sugar
- 2 tablespoons butter
- 1 lb. chopped dates
- 2 eggs
- $\frac{1}{4}$  cup strong coffee
- $\frac{1}{3}$  cup cream
- $1\frac{3}{4}$  cup flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  pound chopped raisins
- $\frac{1}{8}$  lb. sliced citron
- $\frac{3}{4}$  cup chopped pecans
- Pinch of salt
- 2 tablespoons lemon juice

Cream sugar and butter, add beaten eggs, coffee and cream, mix well, add 1 cup flour (sifted with salt and baking powder). Mix thoroughly, add fruit, citron and nuts, mix again. Add lemon juice and remainder of flour. Beat hard, pour in buttered pan; bake  $1\frac{1}{2}$  hours in slow oven, cool and cover with lemon icing.

### FRUIT CAKE

- 1 cup butter
  - $\frac{1}{4}$  cup orange juice
  - $1\frac{1}{2}$  cups sugar
  - 3 eggs beaten together
  - $\frac{1}{2}$  cup coffee
  - $3\frac{1}{2}$  cups flour
  - 1 tablespoon cinnamon
  - $\frac{1}{2}$  teaspoon cloves
  - 1 teaspoon nutmeg
  - 1 teaspoon soda dissolved in  $\frac{1}{2}$  cup hot water
  - 2 teaspoons baking powder
- Add 1 package raisins, 1 package dates, 1 lb. walnuts, 3 rings candied pineapple,  $\frac{1}{2}$  lb. cut citron

Bake  $2\frac{1}{2}$  hours in slow oven. These cakes should be made several weeks before Christmas.

### FUDGE CAKE

- 2 cups sugar
  - $\frac{3}{4}$  cup butter
  - $\frac{1}{3}$  cake chocolate (melted)
  - 4 eggs (drop one in at a time and beat thoroughly)
  - 1 cup milk
  - 2 cups flour (sifted twice)
  - 1 teaspoon vanilla
  - Pinch of salt
  - 2 teaspoons baking powder (level)
- Mix in the usual method and bake in slow oven.

### FROSTING

- 1 cup powdered sugar
- 3 teaspoons cocoa
- 1 teaspoon butter
- $1\frac{1}{2}$  tablespoons hot coffee

### SMALL FRUIT CAKES

Boil together for five minutes:

- 1 cup brown sugar
- 1 cup hot water
- 1 cup raisins
- $\frac{1}{2}$  cup melted butter

Add 3 tablespoons chocolate or cocoa, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves. When cold add 2 cups flour and 2 teaspoons baking powder. Bake in small gem pans.

### FRUIT CAKE

- 1 cup sugar
- 1 cup brown sugar
- 1 cup butter
- 1 cup milk
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup cocoa dissolved in  $\frac{1}{2}$  cup boiling water
- 4 eggs beaten separately
- 4 cups of flour
- 2 cups seeded raisins
- 1 cup citron
- 1 cup nuts
- $\frac{1}{2}$  teaspoon cream tartar
- $\frac{1}{2}$  teaspoon soda
- 1 teaspoon cloves
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

### FUDGE CAKE

- 1 cup sugar
  - $\frac{2}{3}$  cup butter
  - 3 eggs
  - 1 cup milk
  - $\frac{1}{2}$  cup walnut meats broken coarsely
  - 1 cup flour
  - $1\frac{1}{2}$  teaspoons baking powder
  - $\frac{1}{4}$  cup chocolate
- Cream butter and sugar. Add milk. Add baking powder to flour and sift 4

times. Stir in lightly with milk. Add dissolved chocolate and lastly the eggs, beaten separately.

### FUDGE ICING

- 1½ tablespoons butter
- ½ cup unsweetened cocoa
- 1½ cups powdered sugar
- ¼ cup milk

Stir constantly until done. Add vanilla and beat until cool.

### FRUIT CAKE

Simple and Good

- 1 cup butter
  - 1 cup brown sugar
  - 1 cup molasses
  - 1 cup sour milk
  - 1½ teaspoons soda (scant)
  - 3 cups flour
  - 4 eggs
  - 2 lbs. raisins
  - Small amount of orange peel and citron
  - Some spices and nutmeg
  - 1 large cup nut meats
- Bake slowly.

### WHITE FRUIT CAKE

- 1 cup butter
  - 2 cups sugar
  - 1 cup milk
  - 2½ cups flour
  - 7 eggs (whites)
  - 2 teaspoons baking powder
  - 1 lb. seedless white raisins
  - 1 lb. figs
  - 1 lb. blanched almonds
  - ¼ lb. citron
- All cut small

Mix together all thoroughly before adding fruit, add 1 teaspoon lemon extract. Bake slowly 2 hours. A cup of shredded cocoanut is a nice addition.

### CHEAP FRUIT CAKE

- 1 large package seedless raisins
  - 2 cups water.
- Boil for 20 minutes without cover. Drain juice—there should be 1 cup—(add water, if necessary to fill cup). Cool both fruit and juice. Cream ½ cup butter add
- 1½ cups sugar
  - 2 eggs well beaten
  - 3 cups flour
  - 1 teaspoon soda added to the fruit juice
  - 1 teaspoon cinnamon
  - 1 teaspoon nutmeg
  - ½ teaspoon cloves
  - 1 cup nuts
- Bake in a loaf pan in a slow oven for 1½ hours.

### GENTLEMEN'S FAVORITE CAKE

- ½ cup butter
  - 2 cups sugar
  - 2 cups flour
  - 7 eggs beaten separately
  - 2 tablespoons water
  - 2 teaspoons baking powder
- Bake in jelly tins in quick oven.

### FILLING

- 1 egg
  - 1 cup sugar
  - 3 grated apples
  - 1 lemon
- Stir until it boils and becomes thick. Let cool before putting between layers.

### GINGER BREAD

- ½ cup sugar
  - ½ cup butter
  - 1 cup New Orleans molasses
  - 1 teaspoon ginger
  - 1 teaspoon cinnamon
  - 2 teaspoons soda in cup of boiling water added to molasses
  - 2½ cups flour
- Mix, before putting in warm greased pan add 2 eggs (beaten).

### KITCHENETTE DEVIL'S FOOD CAKE

- 4 level tablespoons shortening
- 10 level tablespoons sugar
- 14 level tablespoons flour
- 1 egg
- ½ cup milk
- 1 square melted chocolate
- ½ teaspoon soda
- ½ teaspoon salt
- ½ teaspoon vanilla

Cream butter, add sugar gradually, then the well-beaten egg. Sift the flour once before measuring, then again with soda and salt. Add alternately with milk to creamed mixture. Put in meted chocolate and vanilla. Mix well. Bake 40 minutes in moderate oven. The batter is thin, do not add more flour. Bake in small loaf or in layer pan and cut in two, put together with icing. This is scientifically tested, not a recipe cut down.

### KENTUCKY GINGER CAKE

- 2 cups sugar
- 1 cup butter
- 1 cup sour milk
- 4 cups flour
- 2 eggs

- 1 teaspoon soda
- 1 teaspoon ginger
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{2}$  teaspoon cinnamon

Cream together butter and sugar. Add milk and soda. Add the dry ingredients. Add the beaten yellows of the eggs. Fold in the unbeaten whites of eggs. Cook in moderately hot oven.

## BLITZ KUCHEN

### Part One

- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup butter
- 4 egg yolks
- 4 tablespoons milk
- 1 cup flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla

Cream butter and sugar, add egg yolks. Mix thoroughly, add milk and flour alternately. Spread in two pans. On top of Part One spread Part Two.

### Part Two

- 4 egg whites, beaten stiff
- 1 cup sugar
- 1 teaspoon almond flavoring
- $\frac{1}{4}$  lb. blanched and split almonds

Fold sugar and flavoring into egg whites. Spread on top Part One. Stick almonds lengthwise into meringue. Bake 20 or 25 minutes in slow oven.

### Filling

- $\frac{1}{2}$  cup sugar
- 1 egg
- $\frac{1}{2}$  teaspoon vanilla
- 1 cup milk
- 3 tablespoons flour

Scald milk in double boiler. Mix sugar and flour and pour hot milk onto this mixture. Beat in the egg and return to double boiler to thicken. Add the flavoring and spread between the layers when partly cooled. May be served with whipped cream if desired. Serves 8 generously.

## LIGHTENING CAKE

- $1\frac{3}{4}$  cups sifted flour
- 4 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 cup sugar

Sift all together. Into a measuring cup put 1 egg or 2 whites. Put in bits of soft butter until cup is half full, then fill cup with warm milk or water. Add to first mixture. Beat well, flavor, bake in loaves or layers.

## MAHOGANY CAKE

Dissolve 5 ounces chocolate in 5 tablespoons boiling water. Cream  $\frac{1}{2}$  cup butter and  $1\frac{1}{2}$  cups sugar, add to thoroughly beaten yolks of 4 eggs, and cooled chocolate,  $\frac{1}{2}$  cup of rich milk or cream.  $1\frac{3}{4}$  cups flour and 2 rounding teaspoons baking powder. Last add stiffly beaten whites of 4 eggs. Bake in 3 layers.

### FILLING AND FROSTING

Three cups powdered sugar, creamed with  $\frac{1}{2}$  cup butter, yolk of 1 egg, 2 tablespoons cream, 4 heaping tablespoons powdered chocolate, mixed with 5 tablespoons hot strong coffee, stir all together and mix with 2 teaspoons vanilla.

## MARBLE CAKE

- 2 cups sugar
- $\frac{1}{2}$  cup butter
- 1 cup sweet milk
- 3 eggs
- 3 cups flour
- 3 teaspoons baking powder

Divide the batter. To 1 part add melted chocolate, or spices, or both. Drop alternately spoonful of each batter into pan.

## SOFT GINGER CAKE

- $\frac{1}{2}$  cup sugar
- 1 cup molasses
- $\frac{1}{2}$  cup shortening
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons soda dissolved in
- 1 cup hot water
- $2\frac{1}{2}$  cups flour

Add 2 well-beaten eggs in the last thing before baking and bake in medium oven for 20 minutes or more until straw does not stick.

## GOOD GINGER CAKE

- 1 egg
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup butter
- Pinch of salt
- 1 teaspoon soda
- $1\frac{1}{2}$  cups flour
- Stir well then add
- $\frac{1}{2}$  cup hot water and small teaspoon ginger (powdered)

Bake in moderately hot oven, serve while warm. Recipe will serve 12 large servings, cut into squares.

**GOLD CAKE**

One cup of sifted flour (sift it several times). Separate whites from yolks of 6 eggs. Boil  $1\frac{1}{4}$  cups of sugar and  $\frac{1}{2}$  cup of water until it threads. While that is boiling beat the egg yolks until they are very light. Then beat the whites with a wire whip until they start to foam. Add a pinch of salt and a scant level teaspoon of cream of tartar. Then beat until the egg whites are very stiff. Pour the boiled syrup into the egg whites in a fine stream and whip constantly. Beat well, pour the egg yolks into this mixture and mix well. Add 1 teaspoon vanilla and 1 of lemon extract. Fold in the flour gently and bake 50 minutes at  $350^{\circ}$ .

**GOLDEN SUNSHINE CAKE**

- 4 eggs
- 1 cup sugar
- 4 tablespoons cold water
- 1 cup pastry flour (heaping)
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 2 teaspoons lemon extract

Separate the eggs and beat yolks until thick. Add sugar gradually, stirring constantly. Add water and mix well. Sift flour, baking powder, salt and add to the first mixture, beat well and add extract. Last fold in lightly the stiffly beaten whites of eggs. Bake in loaf or tube pan in slow oven for 55 minutes. When cool cover with white frosting.

**HICKORY NUT CAKE**

- $\frac{1}{2}$  cup butter
- 1 cup sugar
- $\frac{2}{3}$  cup milk
- 3 egg whites
- 2 teaspoons baking powder
- 2 cups flour
- 1 cup hickory nuts

Bake in moderate oven  $\frac{3}{4}$  of an hour.

**HOOPE'S CAKE**

- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup molasses
- 4 egg yolks
- 1 cup sugar
- 1 cup sour milk
- $2\frac{1}{2}$  cups flour
- 1 teaspoon soda
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon cloves
- $\frac{1}{4}$  teaspoon nutmeg
- 1 cup raisins (cut fine)

- $\frac{1}{2}$  cup currants
- $\frac{1}{2}$  cup walnuts (cut)
- $1\frac{1}{2}$  teaspoon baking powder

Mix in order given and bake in slow oven.

**ICING**

- 1 cup sugar
- $\frac{1}{2}$  cup boiling water
- 1 beaten white of egg

When ready to spread add 1 cup of chopped dates.

**JELLY ROLL**

- 1 cup sugar
- 1 cup flour
- $\frac{1}{3}$  cup hot milk
- 2 eggs beaten light
- Pinch of salt
- 2 teaspoons baking powder
- 1 lemon rind (grated)
- 1 glass of jelly

Beat eggs light, add sifted flour and baking powder, lemon rind and hot milk. Beat until smooth. Bake. When done turn out on a sheet of heavy wax paper which is well dusted with powdered sugar, spread jelly and roll.

**A MAN'S CAKE**

- $\frac{1}{2}$  cup shortening
- $1\frac{1}{2}$  cups sugar
- 1 cup milk
- 1 orange, juice and rind
- 3 cups flour
- 3 teaspoons baking powder
- 4 eggs
- 1 teaspoon salt
- 2 tablespoons powdered sugar

Cream shortening, add sugar, then orange juice and rind, add beaten egg yolks, add milk (flour that has been sifted 3 times with the baking powder), use cut and fold method. Place salt in egg whites, beat stiff, but not dry, add 2 tablespoons powdered sugar, beat well and add to cake mixture. Bake in loaf pan 50 minutes;  $300^{\circ}$  for 15 minutes, increase to  $325^{\circ}$  for 15 minutes, increase to  $375^{\circ}$  for 20 minutes.

Do not grease sides of pan, only the bottom. Invert until cold.

**MAPLE NUT CAKE LOAF**

- $\frac{1}{3}$  cup shortening
- 1 cup light brown sugar
- 2 eggs
- $\frac{1}{2}$  cup milk
- $1\frac{1}{2}$  cups flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 cup chopped nuts
- 1 teaspoon vanilla

Cream the shortening with sugar; stir



in beaten yolks. Add alternately the milk and the flour sifted with the baking powder and salt. Stir in the nuts well dredged with flour and the vanilla. Fold in the beaten whites of the eggs. Bake in a paper-lined loaf pan in a moderate oven (350°) about 40 minutes. Ice with caramel icing.

### NEW LADY BALTIMORE CAKE

½ cup butter  
1 cup sugar  
3 egg whites  
½ cup milk  
1 teaspoon vanilla  
½ teaspoon almond extract  
1¾ cups cake flour  
2 teaspoons baking powder

Cream shortening; add sugar and unbeaten white of 1 egg; add milk very slowly, beating between each addition, add flavoring; add flour which has been sifted with baking powder, lastly fold in beaten whites of 2 eggs.

Bake in square greased layer tins in hot oven about 15 minutes. Use following filling and cover top and sides of cake with white icing.

#### FILLING

1½ cups sugar  
½ cup water  
2 egg whites  
½ cup chopped seeded raisins  
½ cup chopped figs  
1 cup chopped blanched almonds or pecan nuts  
½ teaspoon vanilla

Boil sugar and water without stirring until syrup spins a thread. Pour syrup slowly over beaten eggs. Mix in fruit, nuts and flavoring. Spread between layers of cake.

### ORANGE CREAM CAKE

2 cups sifted flour  
3 teaspoons baking powder  
½ cup butter  
1 cup sugar  
2 egg yolks, well beaten  
¾ cup milk  
1 teaspoon vanilla  
2 egg whites, beaten stiff

#### ORANGE FILLING

5 tablespoons flour  
1 cup sugar  
½ cup orange juice  
1 grated orange rind  
3 tablespoons lemon juice  
4 tablespoons water  
1 egg, slightly beaten  
2 teaspoons butter

Mix ingredients in order given. Cook

in double boiler 10 minutes, stirring constantly. Cool before spreading on cake. Makes filling for two layers.

### ORANGE CREAM SPONGE CAKE

Beat whites of 3 eggs, and add 1 cup sugar. Beat and add the yolks; then ½ cup orange juice and grated rind of 1 orange, 1¼ cups flour, ½ teaspoon cream of tartar, ¼ teaspoon soda, ¼ teaspoon salt, ½ teaspoon vanilla.

Bake in an ungreased pan in medium oven.

### ORANGE CAKE

⅔ cup butter  
2 cups sugar  
3 eggs  
3 cups flour  
2 oranges  
3 teaspoons baking powder

Cream butter and sugar. Add beaten yolks of eggs, then the flour and baking powder (sifted together). Add the juice of the oranges and the grated rind of 1 orange. Mix well and add the stiffly beaten egg whites. Bake in moderate oven.

#### ORANGE FILLING

1 cup sugar  
5 tablespoons cake flour  
½ cup orange juice, grated rind of orange  
Mix the above and add 3 tablespoons of lemon juice and 4 tablespoons of water. Add to this 1 egg (beaten slightly) and 2 teaspoons of butter. Cook in a double boiler for 10 minutes, stirring constantly.

### ORANGE CAKE

½ cup butter  
2 eggs  
1½ teaspoons baking powder  
1 cup sugar  
1½ cups flour  
Juice and grated rind one orange

Add enough water to orange juice to make ½ cup. Cream sugar and butter. add egg yolks. Beat well and add orange juice and 1 cup flour, alternately beating well. Then add remainder of the flour sifted with baking powder. Beat well and fold in egg whites. Bake in two layers.

#### FILLING

Juice and grated rind 1 orange  
Add water to make ½ cup  
Yolks of three eggs or two whole eggs  
⅓ cup sugar

$\frac{1}{4}$  cup butter  
Heaping tablespoon flour  
Cook until it thickens. When cold spread between layers and on top. Cover with butter icing.

### PRINCE OF WALES CAKE

2 cups sugar  
1 cup butter  
4 eggs  
2 cups flour  
1 cup sour milk  
1 teaspoon baking powder  
1 teaspoon soda  
1 teaspoon cinnamon and nutmeg, each  
 $\frac{1}{2}$  teaspoon cloves  
1 cup nut meats, chopped

Cream butter and sugar and add unbeaten egg yolks. Beat mixture thoroughly. Add milk and flour alternately (soda must be dissolved in the sour milk before adding to the flour). Add spices to above mixture then floured nuts and lastly egg whites. Bake in moderate oven.

### POTATO CAKE

2 cups sugar  
1 cup butter  
 $\frac{1}{2}$  cup milk  
1 cup mashed potatoes, salted and cold  
1 cup nut meats, chopped  
 $\frac{1}{2}$  cup grated chocolate  
4 eggs  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon allspice  
 $\frac{1}{2}$  teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon vanilla

Keeps moist and fresh so long.

### PRUNE CAKE

1 cup sugar  
 $\frac{1}{2}$  cup butter  
3 eggs  
4 tablespoons sour milk  
1 teaspoon soda  
 $1\frac{1}{2}$  cups flour  
1 cup English walnuts  
1 cup chopped stewed prunes

Proceed as with any other cake. Add prunes last.

### PRUNE SPICE CAKE

1 cup light brown sugar  
 $\frac{1}{2}$  cup butter  
3 eggs  
3 tablespoons sour cream or milk  
1 teaspoon soda  
1 cup cooked prunes, chopped

1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
 $1\frac{1}{2}$  cup flour

Bake in a loaf pan about 40 minutes in moderate oven. When cold cover with

### CHOCOLATE FROSTING

1 cup powdered sugar  
2 tablespoons cocoa  
2 tablespoons black coffee, hot  
2 tablespoons butter  
1 teaspoon vanilla  
Stir until smooth.

### RAISIN CAKE

$1\frac{1}{2}$  cups sugar  
1 cup butter or other shortening with pinch of salt added  
1 cup raisins boiled to make 1 cup of juice  
(let cool)

Cream sugar and butter or shortening. Add 2 beaten eggs, 1 cup juice, 3 cups flour, 1 teaspoon cinnamon, nutmeg, vanilla, baking powder and soda. 1 cup of chopped nuts if desired. Bake slowly. Ice with carmel icing.

### RAISIN NUT DEVIL'S FOOD

2 cups sugar  
 $\frac{3}{4}$  cups butter or substitute  
 $1\frac{1}{2}$  cups sour milk  
1 teaspoon soda  
 $\frac{1}{2}$  teaspoon salt  
2 eggs  
2 squares melted chocolate  
 $2\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup chopped raisins  
 $\frac{1}{2}$  cup chopped walnuts

Cream butter and sugar, sweeten milk with soda, beat eggs well and add to butter and sugar together with the melted chocolate, sift flour and add alternately with the milk, beating vigorously, add raisins and walnuts and 1 teaspoon vanilla, beat again. Bake in layers in moderate oven, cover with marshmallow icing.

### RED DEVIL'S FOOD CAKE

1 cup sugar  
 $\frac{1}{4}$  cup shortening  
2 eggs  
 $1\frac{1}{2}$  cups sifted cake flour  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup sour milk  
 $\frac{1}{2}$  cup boiling water  
2 squares bitter chocolate or  
3 tablespoons cocoa  
1 teaspoon soda  
1 teaspoon flavoring

Melt chocolate over hot water. Add  $\frac{1}{2}$  cup hot water, stir until thick and add

soda, cool. Beat egg whites stiff, add yolks, beat again, add sour milk. Sift flour, baking powder, salt 3 or 4 times. Cream butter, sugar, add eggs, then flour mixture, last add chocolate, bake about 25 minutes in slow oven, using favorite icing when cold.

### REFRIGERATOR CAKE

$\frac{1}{2}$  pound unsalted butter  
 $\frac{1}{2}$  pound powdered sugar  
 $\frac{1}{2}$  pound macaroons  
 $\frac{1}{2}$  pound blanched almonds—diced  
 $\frac{1}{2}$  dozen eggs  
 18 lady fingers

Cream butter and sugar and add well beaten yolks, nuts and then whites of eggs (well beaten). Line pan with lady fingers and sprinkle with crushed macaroons, then add layer of moist mixture, add another layer of macaroons and the rest of moist mixture. Set in ice box for 30 hours. Serve with whipped cream or ice cream. Will serve 24.

### ROCHESTER CAKE

$\frac{3}{4}$  cup butter  
 2 cups sugar  
 1 cup milk  
 3 eggs (whites beaten separately)  
 3 cups sifted flour  
 3 teaspoons baking powder

Divide batter, baking one-half plain batter and add to other half:

1 cup seeded raisins  
 1 teaspoon cinnamon  
 1 teaspoon nutmeg

Put layers together with any preferred icing.

### DELICIOUS SHORTCAKE

$\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  stick butter  
 1 beaten egg yolk  
 1 tablespoon cold water  
 $\frac{1}{2}$  cup milk  
 1 cup flour  
 1 heaping teaspoon baking powder  
 1 tablespoon lemon extract  
 1 beaten egg white

Cream the sugar and butter well; add beaten egg, and beat again. Add milk, and then the flour, sifted with the baking powder, and pinch of salt if desired; when well stirred in add the flavoring and beat the batter for about 3 minutes, then fold in carefully the beaten white of an egg, and turn into a greased and floured pan. Bake in a moderately slow oven. When done cut into squares, and heap with sugared strawberries, and top

with a dash of whipped cream. Other fruits may also be used.

### SHORT WAY CAKE

1 cup sugar  
 2 egg whites  
 Put in teacup, add butter until cup is  $\frac{1}{2}$  full  
 Fill cup with milk  
 $1\frac{1}{2}$  cups flour  
 2 teaspoons baking powder  
 2 teaspoons vanilla  
 Put all in bowl and beat 5 minutes.  
 Bake either in layers or loaf.

#### FILLING AND ICING

Take the yellows of 2 eggs and 2 tablespoons of either orange or lemon juice and a pinch of salt. Stir in powdered sugar until thick enough to spread.

You can make a very pretty cake by putting pink fruit coloring in half of the batter, making a white and pink cake and yellow icing.

### SNIKERDOODLE

$\frac{1}{2}$  cup butter and lard  
 1 cup sugar  
 1 cup milk  
 $2\frac{1}{2}$  cups flour  
 2 teaspoons baking powder  
 $\frac{1}{2}$  cup currants  
 1 egg  
 Pinch of salt  
 1 lemon rind, grated

Mix in order given. Sprinkle with cinnamon and sugar before baking. Bake in square cake pan.

### SNOW BALL CAKE

1 cup sugar  
 $1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup butter  
 3 egg whites, well beaten  
 $\frac{1}{2}$  cup milk  
 2 large teaspoons baking powder

### SOUR CREAM CAKE

1 cup sugar  
 1 cup sour cream  
 $1\frac{1}{2}$  cups flour  
 1 cup nuts  
 1 cup raisins  
 $\frac{1}{2}$  teaspoon soda  
 1 level teaspoon baking powder  
 1 teaspoon each of cinnamon, cloves and nutmeg  
 2 eggs  
 Beat the eggs. Add sugar and cream. Add baking powder to the flour and sift

over the nuts and raisins and spices.  
Dissolve soda in a little hot water.

### SOUR CREAM CAKE

- 1 cup sugar
- 1½ cups flour
- 2 eggs, put in cup and fill up with sour cream
- ¼ teaspoon soda
- 1 small teaspoon baking powder
- Salt
- ½ teaspoon lemon or nutmeg

### SOUR CREAM CAKE

- 1 cup sugar
- ½ cup butter
- 3 eggs
- 2 squares chocolate
- 3 tablespoons hot water
- 1 cup sour cream
- 1¾ cups cake flour
- 1 teaspoon soda

Cream butter and sugar, add unbeaten eggs 1 at a time. Then add the chocolate which has been dissolved in the 3 tablespoons of hot water. Sift the flour and soda together and add alternately with the sour cream. Mix thoroughly and bake in a long pan.

#### ICING

- 2 tablespoons butter
- 1 teaspoon vanilla
- 2 cups powdered sugar
- 2 tablespoons cocoa

Mix well and pour over this 3 tablespoons of hot coffee, beat well and spread over cake.

### SOUR CREAM CAKE

- Cream 1 cup sugar—½ cup butter  
Add three eggs, one at a time beating thoroughly, then two squares chocolate melted with three tablespoons hot water
- 1 cup sour cream
  - 1½ cups flour
  - 1 level teaspoon soda in little boiling water
  - ½ teaspoon salt
  - Flavor vanilla

Bake layers using any desired filling.

### VASHTI SOUR CREAM CAKE

Break 1 egg into cup and fill with sour cream. Add 1 cup sugar, ½ teaspoon vanilla, and beat well. Add 1¼ cups of flour sifted with scant teaspoon of soda and ½ teaspoon of baking powder. If dough is not quite stiff, add another ¼ cup of flour. Add last ½ cup nut meats.

Bake in slow oven.

### SOUR CREAM CAKE

- 1½ cups sugar
- ½ cup butter
- 3 eggs
- 3 tablespoons cocoa
- 3 tablespoons hot water
- 1 cup sour cream
- 1¾ cups cake flour
- 1 level teaspoon soda

Cream the butter and sugar. Add the unbeaten eggs one at a time. Then add the chocolate which has been dissolved in 3 tablespoons of hot water. Sift the flour and soda together and add alternately with the sour cream. Mix thoroughly and bake in a long pan. Ice with chocolate filling.

### SOUTHERN PARTY CAKE

- ½ cup butter
- 1 cup sugar
- ½ cup milk with
- ⅔ teaspoon soda, level
- 1¾ cups pastry flour sifted with
- 1½ teaspoons cream tartar (level) and
- ½ teaspoon salt
- 4 egg whites, well beaten
- 1 teaspoon vanilla

Bake in 8½x9 inch layer cake tins.

Make icing and filling as follows:

#### ICING

- 3 cups sugar
- 1 cup water
- ⅛ teaspoon Cream Tartar

Cook to hair and pour over 3 egg whites (well beaten), beat all with egg beater.

#### FILLING

Add to ½ of above icing: 3 tablespoons each of chopped raisins, English walnuts and 5 tablespoons blanched and ground almonds. Flavor rest of icing with lemon juice and garnish top with nuts.

### SPICE CAKE

- 4 eggs, beaten
- 2 cups sugar
- 1 cup milk
- 1 cup shortening
- 3 cups flour
- 1½ cups raisins
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cloves
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon allspice

Bake in 2 layers, put together with any good frosting.

**SPICE CAKE**

3 egg yolks, mix and stir  
 1 cup butter  
 1½ cups brown sugar  
 Add:  
 1 teaspoon cinnamon  
 1 teaspoon cloves  
 A little nutmeg  
 1 cup raisins  
 1 cup currants  
 Little citron  
 Grated lemon and orange peel  
 Add alternately:  
 1 cup sour milk  
 3 cups flour  
 Add 1 teaspoon soda, dissolved  
 3 egg whites, beaten  
 Bake.

**SPONGE CAKE**

3 large or 4 small eggs separated. Into the  
 beaten yolks  
 Stir in 1 cup sugar  
 2 tablespoons water  
 1 cup flour  
 1 teaspoon baking powder  
 Add whites of eggs, well beaten

**SPONGE CAKE**

2 cups sugar  
 6 egg yolks  
 ½ lemon, juice and rind  
 ½ cup boiling water  
 6 egg whites, beaten stiff  
 2 cups pastry flour  
 ½ cup boiling water  
 Pinch of salt  
 Combine 2 parts.

**SPONGE CAKE**

1¼ cups sugar  
 1 cup water boiled to thread, pour over  
 6 egg whites, beaten well, add  
 6 egg yolks, beaten well, add  
 1 cup cake flour, measured after 2 siftings, add  
 1 teaspoon (level) cream tartar; sift all five times; add 1½ teaspoons extract  
 Bake in ungreased flue pan.

**SUN GOLD COCONUT CAKE**

2 cups sugar  
 1 cup butter  
 4 eggs  
 1 cup milk  
 3 cups pastry flour  
 3 teaspoons baking powder  
 1 teaspoon vanilla  
 ½ teaspoon salt  
 Cream butter and sugar until smooth,

add well-beaten egg yolks. Beat until very light. Sift dry ingredients together 3 times and add alternately with milk to first mixture. Add vanilla and fold in the stiffly beaten egg whites. Bake in layers. Put together with coconut cream icing.

**EXCELLENT SUNSHINE CAKE**

Six egg whites (beaten). Pour over them 1½ cups sugar and ½ cup water which have been boiled until it threads. Beat until cool. Fold in 6 egg yolks (well beaten). Fold in 1 cup cake flour and ½ teaspoon of cream tartar (sifted together). Flavor: vanilla and almond.

Bake 1 hour in ungreased pan, 325°. Use powdered sugar icing.

**SUNSHINE CAKE**

10 egg whites  
 1½ cups powdered sugar  
 7 egg yolks  
 1 teaspoon grated rind of lemon  
 1 cup cake flour  
 1 teaspoon cream tartar

Beat whites until frothy, add cream of tartar, and continue beating until stiff and dry. Add grated rind, sugar (folding in lightly), then yolks beaten until thick and lemon color; then the flour. Bake in angel food pan for 1 hour. Place in cold oven, then set regulator at the lowest degree. Increase heat thirty degrees every 15 minutes. Cool cake with pan reversed. When thoroughly cooled remove from pan and ice.

**STELLA'S CAKE**

1 cup pulverized sugar  
 4 eggs, separated  
 ½ cup butter  
 1 cup flour  
 1 teaspoon baking powder  
 ½ teaspoon extract

Cream the butter and sugar, add beaten egg yolks, then flour and baking powder which have been sifted together. Fold in beaten egg whites and extract. Bake 30 minutes in a pan lined with blanched almonds.

**✕ UPSIDE DOWN CAKE**

1 can sliced pineapple  
 ½ cup of nuts  
 ½ cup of butter  
 1 cup brown sugar (or white)  
 Melt butter in skillet. Add sugar and cook until it bubbles. Then add pine-

apple and nuts. (My skillet holds 5 slices and 1 broken to fill in the spaces.) Turn fire very low and while this simmers prepare the following cake mixture and pour on top of above and place in oven—350 degrees F.—and cook for 40 minutes. When done turn skillet upside down over cake plate and the filling will be on top. Your favorite white cake recipe may be substituted for the one below.

- 1/4 cup butter
- 1/2 cup sugar
- 1 egg
- 1/2 cup milk or water
- 1 teaspoon vanilla
- 1 1/4 cups flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt

### WHIPPED CREAM CAKE

- 1/2 pint cream, whipped stiff
- 2 eggs beaten
- 1 cup granulated sugar
- 1 1/2 cups cake flour, sifted with
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla

Mix in order given. Bake in layers or in shallow pan to cut in squares. Bake 30 minutes with 325° oven. Ice as desired.

### WASHINGTON PIE CAKE MIXTURE

- 1/3 cup fat
- 1 cup sugar
- 3/4 cup water
- 2 cups flour
- 2 teaspoons baking powder
- 1 egg
- 1 teaspoon vanilla
- 1/2 teaspoon lemon extract
- 1/8 teaspoon salt

Cream fat and sugar for 1 minute. Add all the rest of the ingredients and beat for 2 minutes. Pour into two-layer cake pans which have been fitted with waxed paper. Bake in moderate oven for 20 minutes.

### FILLING

- 1/2 cup sugar
- 1 cup milk
- 4 tablespoons flour
- 2 egg yolks
- 1/2 teaspoon lemon extract
- 1 teaspoon vanilla
- 1/8 teaspoon salt

Mix the sugar and flour. Add the egg yolks, salt and milk. Cook in double boiler until very thick and creamy. Stir frequently. Add rest of ingredients and cool. Place between the baked layers of the cake and cover with meringue.

### WHITE CAKE

- 2 cups white sugar
- 3/4 cup butter
- 1 cup water
- Flavoring
- 2 cups flour to which add
- 2 teaspoons baking powder
- 4 egg whites, beaten stiff (added last)

### WHITE FIG CAKE

- 1/2 cup butter
- 1 1/2 cups sugar, sifted 3 times
- 1 cup cold water
- 3 level cups flour, sifted three times
- 3 level teaspoons baking powder
- 4 egg whites beaten stiff
- 1 teaspoon vanilla and almond extract mixed

### FIG ICING

One cup of finely cut figs with 1 cup sugar boiled down until thick. Make a boiled icing of 2 cups sugar, 1/2 cup water, stir into stiffly beaten whites of 2 eggs, beat figs into it and spread on layers.

### WHITE CAKE

- 3 level cups white flour
- 2 cups sugar
- 1 cup water
- 3/4 cup shortening
- 3 level teaspoons baking powder
- 7 egg whites

Sift sugar and flour together several times. Add a pinch of salt to shortening and beat to a cream by itself. Add a little water and a little of the sugar and flour until all has been used. Then add the 3 teaspoons of baking powder. Flavor with desired flavoring to taste. Beat egg whites stiff and fold in at the last moment. Bake in a moderate oven.

### MY FAVORITE WHITE CAKE

- 1 1/3 cups sugar, sifted
- 1/2 cup butter and lard mixed
- 4 egg whites
- 1 cup water
- 2 cups flour
- 2 teaspoons baking powder
- Flavoring

Cream sugar and shortening, then flavor. Sift flour and baking powder four times. Beat whites of eggs, with a dash of salt. Pour cup of water in creamed sugar. Stir, then put in alternately eggs and flour 3 times until all is used, beating in each time. Beat well the last time, and the dough will be very light and thin. I use a 9-inch square pan, with greased paper in bottom. Bake slowly about 45 minutes.

**NEVER FAIL WHITE CAKE**

- ½ cup shortening
- 1½ cup sugar
- 1 cup cold water
- 3 level cups pastry flour, sifted 3 times
- 4 level teaspoons baking powder (cut off with knife)
- 4 egg whites

Cream the shortening with the sugar until very smooth. Add ⅓ of the water, then ⅓ of the flour. Continue adding the water and flour alternately. Then add the baking powder and fold in whites of eggs, well beaten. Flavor to taste.

**SPLENDID WHITE CAKE**

- ¾ cup butter
- 2 cups sugar
- 4 cups cake flour
- ¾ cup milk
- ¾ cup water
- 2 teaspoons flavoring
- 2 rounded teaspoons baking powder
- 3 egg whites
- Pinch of salt

Cream sugar and butter absolutely smooth. Add milk and water mixture, alternately with flour, then add flavoring. Beat hard and long before adding baking powder. Mix it in thoroughly and then add the egg whites well beaten. Very carefully cut them into mixture and put in cake pans at once. Bake in slow or moderate oven, but never a hot one.

**WHITE LAYER CAKE**

- ½ cup butter
- 3 teaspoons baking powder
- 2½ cups cake flour
- 1 cup milk
- 1½ cups sugar
- 1 teaspoon orange extract
- 6 egg whites

Cream butter and add the sugar, stir. Add slowly the milk and flour to which

the baking powder has been added. Then add the egg whites and orange extract.

**WHITE CAKE**

Cream 1½ cups powdered sugar with ½ cup butter. When thoroughly creamed add ¾ cup milk and whites of 4 eggs (beaten to a stiff froth). Sift 2 teaspoons baking powder with 2½ cups of flour and add, flavor with vanilla extract. This is a good base for any of the loaf, layer, or cup cakes. Ice as preferred.

**WHITE LOAF CAKE**

- 5 egg whites
- 2 cups sugar
- 1 cup butter
- 1 cup sweet milk
- 2 level teaspoons baking powder
- 3½ cups flour (after it is sifted)
- Add flavoring

Do not beat the eggs. Fold them in last. Cook in slow oven.

**QUICK COFFEE CAKE**

- ⅔ cup sugar
- 2½ cups flour
- 1 cup milk
- 1 egg
- ⅛ teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons butter
- 1 teaspoon vanilla

Sift flour before measuring, then sift flour, baking powder and salt together. Cream butter and sugar, add beaten egg, add flour mixture and milk alternately, add extract. Place in cake pan and sprinkle on top a little sugar and cinnamon (which has been mixed). Bake in moderate oven about 30 minutes—350°.

Whipped cream with a little sugar added and placed on top of the cake then a wee bit of cinnamon sprinkled over it just before serving is very attractive and tasty.

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## Cake Fillings and Icings

*"I can teach sugar how to slip  
down your throat a million ways."*

### BROILED ICING

- 5 tablespoons brown sugar
- 3 tablespoons melted butter
- 3 tablespoons top milk or cream
- $\frac{1}{2}$  cup cocoanut

Cool sheet cake or cup cakes. Spread on uncooked mixture and place low in broiling oven at 275°. Broil until it is a golden brown—about five to seven minutes.

### CAKE FILLING

- 1 cup sugar
- 1 cup sour milk
- 1 cup chopped raisins

Boil together, stirring well, until a soft ball is formed when tried in water, and spread on cake. Good for sandwiches, too.

### CAKE FROSTING

- $\frac{1}{2}$  cup cream
- 1 tablespoon melted butter
- $\frac{1}{4}$  teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon lemon extract
- Powdered sugar to make proper consistency

### CHOCOLATE FROSTING

- $1\frac{1}{2}$  squares chocolate
- $\frac{1}{3}$  cup scalded cream
- 1 egg yolk
- $\frac{1}{2}$  teaspoon melted butter
- $\frac{1}{2}$  teaspoon vanilla
- Pinch of salt
- Confectioner's sugar

Melt chocolate over hot water, add cream gradually, salt, yolk of egg and butter. Stir in confectioner's sugar until of right consistency to spread; then add flavoring.

### COCONUT CREAM ICING

- 1 can coconut, southern style
- 2 cups confectioner's sugar
- 4 tablespoons heavy cream

### $\frac{1}{2}$ teaspoon vanilla

Put sugar in bowl, add cream a little at a time, beating steadily. Add vanilla and continue beating until right consistency to spread on cake. Sprinkle with the coconut.

### DIVINITY FROSTING

- 2 cups sugar
- $\frac{3}{4}$  cup white syrup
- $\frac{1}{4}$  cup water
- 2 egg whites

Cook sugar, syrup and water to soft ball. Pour  $\frac{1}{2}$  of it over beaten whites then cook the rest to hard crack and pour over first mixture. Beat and spread.

### FIG FILLING

- 2 cups figs, chopped
- $\frac{2}{3}$  cup sugar
- $\frac{2}{3}$  cup boiling water
- 1 tablespoon lemon juice
- 1 tablespoon butter

Cook figs, sugar and water in double-boiler 6 to 8 minutes or until thick. Remove from fire, add lemon juice and butter. When cool, spread between layers of cake.

### FROSTING FOR CHOCOLATE LAYER CAKE

- $\frac{1}{4}$  lb. butter
- 2 cups powdered sugar
- 1 square melted chocolate
- $\frac{1}{4}$  teaspoon lemon extract
- $\frac{1}{2}$  cup broken English walnuts

Cream butter and sugar, add melted chocolate, lemon extract, nuts, enough milk to make it spread well.

### FROSTING

- 1 cup sugar
- 3 tablespoons water
- 2 egg whites

Put unbeaten egg whites with water and sugar in double-boiler. Beat with

dover beater constantly while cooking, 5 minutes. Remove from fire, flavor and beat very hard.

### MARSHMALLOW ICING

- 2 cups sugar
- $\frac{1}{2}$  cup boiling water
- 2 egg whites
- $\frac{1}{2}$  lb. marshmallows

Boil sugar and water until it threads. Beat egg whites stiff and add syrup slowly, beating all the time. When all the syrup is used, beat in the marshmallows which have been cut in fourths, add pinch of salt and 1 teaspoon vanilla, beat hard and spread at once on cake. Delicious!

### CARAMEL FROSTING

- 3 cups brown sugar
- 1 cup water
- 1 tablespoon butter
- 1 teaspoon vanilla and cream

Boil sugar and water until a small amount of syrup forms a soft ball in cold water, or spins a long thread. Remove from fire, add butter and vanilla, when cold, beat until thick and creamy, thin with cream until of right consistency to spread.

### LEMON FILLING

- 1 lemon, grated rind and juice
- 1 egg, or 3 yolks
- $\frac{2}{3}$  cup sugar
- 2 tablespoons water
- 2 tablespoons butter

Cook in double boiler until thick and clear.

### NEVER FAIL CARAMEL FROSTING

- 1 cup brown sugar
- 4 tablespoons cream
- 1 tablespoon water
- 1 tablespoon butter

Mix and bring to boil. Thicken with powdered sugar and spread upon cake.

### CHOCOLATE ICING—EASY!

- 2 cups powdered sugar
- 4 teaspoons cocoa
- Sift together.
- 1 egg white
- 1 tablespoon butter
- Beat all together well.
- Add three tablespoons boiling water.
- Beat well.

This is delicious on Sunshine Cake. If white icing preferred, omit cocoa.

MRS. W. L. SMART.

### SEA FOAM ICING

- $1\frac{1}{3}$  cups sugar
- $\frac{1}{3}$  cup water
- Pinch of salt
- 2 egg whites
- 1 teaspoon vanilla

Beat egg whites until stiff. Boil sugar and water until it threads. Add to egg, beating rapidly. Add, salt and vanilla. Continue beating until nearly cold. Spread quickly on cake and it will remain soft and creamy.

### SEVEN MINUTE ICING

- 1 cup powdered sugar
- 3 tablespoons cold water
- Pinch of salt
- 1 egg white, unbeaten
- $\frac{1}{2}$  teaspoon vanilla

Place all ingredients in top of double-boiler, beat over boiling water 7 minutes, add 7 or 8 marshmallows.

### SOUR CREAM FILLING FOR WHITE OR CHOCOLATE CAKE

Two cups sugar and 1 cup of sour cream; boil until it threads. Remove from fire and beat until it thickens. (Tried)

### WHITE ICING

- $1\frac{1}{2}$  cups sugar
- $\frac{3}{4}$  cup water
- 2 egg whites
- $\frac{1}{2}$  egg shell of water to whites of egg
- Cook until strings a hair or soft crack.
- When beating beat until stiff.

Add  $\frac{1}{2}$  teaspoon of cream tartar to the whites of eggs just before adding to hot sugar syrup. Beat and flavor as desired.

### WHITE MOUNTAIN CREAM ICING

- 2 cups sugar
- $\frac{1}{2}$  cup boiling water
- 2 egg whites
- $\frac{1}{4}$  teaspoon lemon juice
- $\frac{1}{4}$  teaspoon cream tartar
- 1 teaspoon vanilla

Few grains of salt in whites of eggs

Put cream of tartar into sugar, pour on water, and stir well to dissolve sugar as nearly as possible. Boil until it threads. Pour gradually on well-beaten whites. Continue beating until right consistency. Add flavoring and spread on cake.



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# Cookies, Cup-Cakes, Doughnuts

*"Oh, weary mothers, rolling dough  
Don't you wish that food would grow?  
How happy all the world would be,  
With a cookie bush, and a doughnut tree."*

## ALVERDA'S SUGAR COOKIES

- 1 cup sugar
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup sour cream
- 1 egg
- 1 teaspoon baking powder
- 3 cups flour
- $\frac{1}{2}$  teaspoon nutmeg

## BROWNIES

- 4 eggs
- $2\frac{1}{2}$  cups brown sugar
- $1\frac{1}{2}$  cups flour
- $3\frac{1}{2}$  squares chocolate
- 1 teaspoon vanilla
- $\frac{1}{2}$  cup nuts

Beat eggs light, add sugar, then flour; melt chocolate and add with nuts and flavoring. Bake 20 minutes in moderate oven.

## BROWNIES

- $\frac{1}{4}$  cup shortening
- 1 cup sugar
- 2 eggs
- 2 squares chocolate
- 1 teaspoon vanilla
- $\frac{1}{2}$  cup flour
- Pinch of salt
- $\frac{1}{2}$  cup walnut meats (or more)
- Cream sugar and shortening

Add beaten eggs then melted chocolate, vanilla, salt, flour and nut meats. Spread out in a layer  $\frac{1}{2}$  inch thick in a greased pan and bake in a moderate oven 20 minutes. Cut in oblong strips when partially cool.

## CHOCOLATE BROWNIES

One cup sugar and  $\frac{1}{2}$  cup butter (creamed). Add 2 eggs just dropped in and beat well. Then 2 tablespoons cocoa,  $\frac{1}{2}$  cup flour, 1 cup English walnuts, 2 teaspoons vanilla, spread thin and bake in a slow oven.

## BUTTERSCOTCH COOKIES

- 1 cup butter
- 4 cups brown sugar
- $6\frac{1}{2}$  cups flour
- 4 eggs
- 2 teaspoons soda
- 1 teaspoon cream tartar
- 1 teaspoon ground cloves
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$  teaspoon each of nutmeg and allspice
- Cream sugar and butter

Add beaten eggs. Dissolve soda in tablespoon of water. Sift spices and cream of tartar with flour and mix with other ingredients. Make in loaf. Let stand overnight in ice box. Slice thin and bake in moderate oven. Do not bake too hard.

## CARAMEL COOKIES

- 4 cups brown sugar
- 1 cup butter
- 4 eggs
- 1 teaspoon cream tartar
- 1 teaspoon soda
- $6\frac{1}{2}$  cups flour
- $2\frac{1}{2}$  teaspoons vanilla

Cream butter and sugar. Add eggs (beaten) and vanilla. Add soda, cream of tartar to flour then to mixture. Make into rolls. Leave overnight in an icebox. Slice off roll and bake in quick oven.

## CHOCOLATE COOKIES

- 1 cup sugar
- 2 squares chocolate, melted
- $\frac{1}{2}$  cup melted butter
- 2 eggs, yolks and whites
- Beaten separately, then together
- $\frac{3}{4}$  cup flour, mix

Spread thin in baking tin. Sprinkle with nuts. Cut in squares while warm.

## CHOCOLATE COOKIES

- 1 cup sugar
- $\frac{1}{2}$  cup butter

- 1 teaspoon soda
- ½ cup milk
- 2 cups flour
- 3 squares melted chocolate
- 1 cup chopped nuts
- 1 teaspoon vanilla

### CHOCOLATE COCONUT MACAROONS

- 4 squares baking chocolate
- 1 can sweetened, condensed milk  
(Borden's, 15 oz.)
- 3 cups shredded coconut

Melt the chocolate over boiling water in a pan large enough for the whole recipe; add the milk and coconut; form into small flat cakes, and bake until browned; avoid scorching.

### CHOCOLATE SQUARES

- 1 cup butter
- 2 cups sugar
- 4 eggs
- 3 heaping tablespoons cocoa
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup nut meats

Cream sugar and butter, add yolks (beaten), cocoa, vanilla, nuts, flour and whites last (well beaten).

Bake in a sheet pan and cut in squares. Moderate oven. No baking powder or soda.

### COCOA FRUIT COOKIES

Cream ¾ cup butter and beat into it 1 cup sugar. Sift together 2 scant cups pastry flour, ¼ cup cocoa, scant teaspoon each soda and cinnamon and ½ teaspoon salt. To the sifted flour add ½ cup each chopped pecans and figs or dates, and add to the creamed mixture, with 2 well beaten eggs. Drop on tins and bake in moderate oven.

### COCOANUT DAINTIES

Boil 1 cup sugar and ¼ cup water until it threads. Pour upon whites of 2 eggs beaten dry. Add grated cocoanut until stiff (about 2 pkgs. of dry cocoanut) flavor with vanilla. Drop from small spoon on buttered pans, and bake in very slow oven until light brown.

### CUP CAKES

- 1 cup sugar
- 1 tablespoon butter
- 1 egg, well beaten
- 1½ cups flour
- 1 cup sour cream
- 1 cup raisins
- 1 cup chopped English walnuts

- 2 tablespoons cocoa
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 level teaspoon soda, dissolved in
- 1 tablespoon hot water

### YELLOW CUP CAKES

- ¼ cup butter
- ½ cup sugar
- 4 egg yolks
- ¼ cup milk
- ⅞ cup flour
- ¼ teaspoon salt
- 1½ teaspoons baking powder

Shredded almonds

Powdered sugar

Cream butter, add sugar gradually, egg yolks (well beaten), milk and flour (mixed with salt and baking powder). Put in paper cases or tiny buttered muffin pans, sprinkle with shredded almonds and powdered sugar. Bake at 375°F 20 minutes. Makes 12 cakes.

### DATE BARS

- 1 cup sugar
- 3 eggs, well beaten
- 1 lb. dates, cut in small pieces
- 1 cup nuts
- 1 teaspoon baking powder
- 1 cup flour
- 1½ teaspoon vanilla

Beat eggs separately and very thoroughly. Add sugar and vanilla, then dates, nuts and flour which have been mixed together. Bake in slow oven, then cut in bars and roll in powdered sugar while warm.

### DATE CRACKERS

One pound stoned dates; boil in ½ cup cold water and 1 cup granulated sugar until soft; cool the above.

Cream 1 cup brown sugar and 1 cup butter. Add 2½ cups oatmeal and 2½ cups flour, 1 teaspoon soda dissolved in ½ cup warm water. Roll this dough thin; cut in any shape, and spread date filling between the layers of dough. Bake in hot oven. Delicious with coffee.

### DELICIOUS DATE COOKIES

- 1 cup chopped dates
- 1 cup chopped nuts
- ½ cup flour
- Pinch of salt
- 1 teaspoon vanilla
- 1 teaspoon baking powder

Beat eggs, add sugar and flour sifted with the baking powder, add nuts and dates, pinch of salt and vanilla, and drop by teaspoon in tiny buttered muffin tins.

bake 20 or 25 minutes in moderate oven, turn out on cloth and roll in powdered sugar.

### DATE HEALTH COOKIES

- 1 cup dates
- 1 cup white flour
- 1 cup graham flour
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup milk
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- $\frac{1}{2}$  cup nuts
- 1 teaspoon vanilla

Cut the dates with wet scissors. Sift the white flour, salt and baking powder over the dates and nuts and mix with the finger tips. Add graham flour. Cream the butter, stir in sugar gradually, then the unbeaten eggs. Mix well, add the milk and vanilla.

### DATE STICKS

- 2 eggs, beaten separately
- $\frac{3}{4}$  cup sugar
- 1 cup dates, chopped
- 1 cup pecans
- 3 tablespoons flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla

Spread very thin over flat pan, bake in slow oven 20 minutes. Cut into strips 4x1 $\frac{1}{2}$  inches when nearly cold.

### DATE STICKS

- $\frac{3}{4}$  cup shortening
- $1\frac{1}{2}$  cups sugar
- 1 cup sour milk
- $\frac{1}{2}$  teaspoon soda
- 3 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup chopped nuts
- 1 cup chopped dates

Cream shortening and sugar. Add sour milk mixed with soda. Add flour sifted with salt and baking powder. Then dates and nuts. Bake in a shallow pan 20 minutes. Cut in narrow slices and roll in powdered sugar.

### DANISH "FATTIGMAN" COOKIES

- 4 egg yolks
- 1 whole egg
- $\frac{1}{2}$  cup sugar
- Beat until light, then add:
- $\frac{1}{2}$  teaspoon melted butter
- 4 tablespoons sweet cream
- 2 cups flour or enough to roll very thin

Cut in diamond shape with slit in center and turn one corner through. Fry in

deep, hot lard to a golden brown. Drain on brown paper.

### DOUGHNUTS

(My Grandmother's Day Recipe)

- 1 cup sour cream (heavy)
- 2 cups buttermilk
- 2 eggs
- $1\frac{1}{2}$  cups granulated sugar
- 1 grated nutmeg or 2 teaspoons
- 2 teaspoons soda dissolved in little hot water

Flour enough to make the right consistency, (more than one sieveful) then roll to  $\frac{1}{4}$ -inch thickness. Cut and fry in hot lard (or in the modern way—hot Mazola oil).

### DOUGHNUTS

- 1 cup sugar
  - 3 tablespoons melted shortening
  - 1 cup mashed potatoes
  - 3 eggs, beaten
  - 1 cup sweet milk
  - Pinch of salt
  - 3 teaspoons baking powder
  - 3 cups flour or more if needed
  - Flavor with nutmeg
- Cut and drop in deep fat.

### DOUGHNUTS

- 1 cup sugar
  - 1 cup skim milk
  - 3 cups flour
  - 3 teaspoons baking powder
  - 1 teaspoon melted butter
  - 3 eggs, beaten light
- Flavor to suit taste, add more flour if needed; should be like biscuit dough. Roll, cut, let raise while heating deep fat. Makes 4 dozen.

### POTATO DOUGHNUTS

- $4\frac{1}{2}$  cups pastry flour
- 1 teaspoon salt
- 3 eggs, beaten light
- 3 teaspoons melted butter
- $\frac{3}{4}$  cup sour milk
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon soda
- 1 cup sugar
- 1 cup riced potatoes
- Vanilla

Mix all dry ingredients together and mix with the wet. Roll, and fry in fat.

### DROPPED DOUGHNUTS

- 2 eggs
  - 1 cup milk
  - $1\frac{1}{2}$  teaspoon salt
  - 1 teaspoon vanilla
  - $\frac{1}{2}$  cup sugar (more if liked sweeter)
  - 3 cups flour
  - 1 tablespoon melted shortening
- Beat eggs until light. Add sugar, milk

and vanilla. Stir in flour, baking powder and salt sifted together. Add melted shortening. Drop by teaspoon into hot shortening and fry like doughnuts. When cool dust with powdered sugar.

### DROPPED DOUGHNUTS

- 1 large cup sugar
- 2 eggs
- 1 cup milk
- 3 cups flour
- 3 teaspoons baking powder
- Salt and nutmeg to taste
- Drop from spoon in hot fat.

### DOUGHNUTS IN RHYME

- 1 cup sugar
- 1 cup milk
- 2 eggs, beaten fine as silk
- Salt and nutmeg (lemon will do)
- Of baking powder, teaspoonfuls, two
- Lightly stir the flour in,
- Roll on pieboard, not too thin;
- Cut in diamonds, twists or rings,
- Drop with care the doughy things
- Into fat that swells evenly the spongy cells;
- Watch with care the time for turning,
- Fry them brown, just short of burning.
- Roll in sugar, serve when cool,
- Price a quarter for this rule.

### PLAIN DOUGHNUTS

- 3 eggs
- 1 cup sugar
- $\frac{1}{3}$  cup shortening
- 2 cups sour or buttermilk
- 1 teaspoon soda
- 1 teaspoon baking powder
- Flavor with nutmeg
- Mix dough soft.

### POTATO DOUGHNUTS

- 1 cup mashed potatoes
- $3\frac{1}{2}$  cups flour
- 1 cup cream
- 2 cups sugar
- 3 teaspoons baking powder
- Flavor vanilla and nutmeg. Add two eggs beaten stiff. Cook in kettle deep fat or oil.

### PUFF-BALL DOUGHNUTS

- 3 eggs
- 1 cup sugar
- 1 pint sweet milk
- Nutmeg and salt to taste
- 2 heaping teaspoons baking powder
- Enough flour to make a sponge that the spoon will stand up in. Drop from a teaspoon into deep fat. Sprinkle with powdered sugar.

### DROP CAKES

- 2 eggs
- 1 rounded tablespoon butter
- $1\frac{1}{2}$  cups flour
- 1 cup sugar
- $\frac{1}{2}$  cup milk
- 2 teaspoons baking powder
- 1 teaspoon flavoring
- May add nuts or spices.
- Cream butter and sugar together, add yolks of eggs and beat well, gradually add milk and flour (baking powder in flour). Carefully fold in well beaten egg whites, flavor and bake about 15 minutes in moderate oven.

### DROP COOKIES

- 1 cup shortening
- $1\frac{1}{2}$  cups brown sugar
- $\frac{1}{2}$  cup nuts
- 1 lb. dates
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup sour milk
- Mix stiff with flour (about 4 cups), and drop by teaspoon on baking sheet.
- Makes 9 dozen.

### DROP COOKIES

- $1\frac{1}{2}$  cups brown sugar
- 1 cup butter
- $1\frac{1}{2}$  cups chopped raisins
- 1 teaspoon soda, dissolved in a little hot water
- 3 eggs, well beaten
- 1 cup chopped English walnuts
- $\frac{1}{2}$  teaspoon cloves
- $\frac{1}{2}$  teaspoon nutmeg
- Drop in a well-greased pan and bake slowly.

### FILLED COOKIES

- 1 cup sugar
- 4 cups flour
- $\frac{3}{4}$  cup shortening
- 1 egg
- 1 cup milk
- 4 teaspoons baking powder

#### FILLING

- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup water
- 2 cups raisins, figs or dates
- 1 teaspoon flour
- Cook until thickens; roll as for other cookies, put teaspoon of filling on and a cookie on top and bake.



**FILLED COOKIE SQUARES**

- 1 cup butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$  cup sour milk
- 5 cups bread flour
- $\frac{1}{2}$  teaspoon soda
- 1 teaspoon baking powder
- 1 teaspoon salt

Cream butter with sugar. Add unbeaten eggs 1 at a time, beating thoroughly after each addition. Add sour milk, then fold in flour which has been sifted with baking powder, salt and soda. Roll out to a sheet as large as the baking pan. Spread with date filling. Cover with a layer of cookie dough. Bake in a hot oven (375°F). Cut in squares while warm.

**FRUIT COOKIES**

- 2 cups raisins, washed thoroughly
- 2 cups cold water
- $1\frac{1}{2}$  cups sugar
- 2 teaspoons of shortening
- Pinch of salt

Combine and stew until raisins seem done, then add

- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon cloves
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 cup nuts, chopped
- 3 cups flour
- 1 egg

Bake in gem pans in moderate oven until done.

**FRUIT COOKIES**

- 1 cup sugar
- $\frac{1}{2}$  cup butter
- 1 egg
- Thoroughly mix, and then add
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup sweet milk
- 3 cups flour
- 1 cup raisins
- 1 cup nut meats
- 1 teaspoon each of salt, soda, cloves
- 2 teaspoons cinnamon

Drop with teaspoon on well-greased pans, and bake in moderate oven. Makes 6 dozen.

**FRUIT AND NUT COOKIES**

- 1 cup butter
- 1 cup sugar (brown or white)
- 1 teaspoon vanilla
- 1 cup black walnuts
- 1 teaspoon baking powder
- 2 teaspoons mapeline or
- 2 tablespoons burnt sugar
- 4 small eggs, beat well

- $1\frac{1}{2}$  cups dates, cut fine
- 3 cups flour
- 1 teaspoon soda dissolved in
- $\frac{1}{2}$  cup water

Cream butter and sugar together, add eggs. Sift baking powder and flour together and add alternately with water. Then put in mapeline, dates and nuts and vanilla, beat well. Drop about a teaspoon in a place on buttered baking sheet. Bake in a moderate oven. Very fine.

**FUDGE COOKIES**

- $2\frac{1}{2}$  cups brown sugar, or
- $1\frac{1}{2}$  cups white sugar
- 4 eggs, beaten light
- $\frac{1}{2}$  cup cocoa or
- $\frac{1}{2}$  cake chocolate
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 cup nuts chopped

Spread thin on unbuttered cake tin and bake 25 or 30 minutes in moderate oven.

**FUDGE COOKIES**

- 2 eggs, beaten well
- 1 cup sugar
- $\frac{3}{4}$  cup flour
- 2 heaping tablespoons cocoa
- 1 cup nuts, English walnuts, chopped
- $\frac{1}{2}$  cup melted butter
- Vanilla

**CRISP GINGERSNAPS**

- 1 cup molasses
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup shortening
- Bring to a boil and cool slightly before adding. Sift together.
- 2 cups flour
- 2 teaspoons soda
- 2 teaspoons powdered ginger
- 1 teaspoon salt
- Mix and add sufficient flour by kneading on board to make it possible to roll to paper thinness.

If molasses is not rich and sweet, add more sugar.

**GEM CAKES**

- 1 egg
- 1 cup sugar
- 1 cup milk
- $\frac{1}{2}$  cup butter
- 2 cups sifted flour
- 1 teaspoon baking powder
- Flavoring to taste
- Bake in gem pans.

**GOOD EVERY DAY COOKIES**

2 cups sugar  
 1 cup shortening  
 Pinch of salt  
 2 eggs  
 3 small teaspoons soda  
 1 cup sour milk  
 Flour to make a dough easy to roll  
 Use flavoring to suit taste

This recipe is very good with raisins and spices added; will make about 100 small cookies. These cookies are just as good when several days old as when freshly baked. Nice cookies to cut with fancy-shaped cutters.

**HERMITS**

1 egg  
 1 cup sugar  
 1/3 cup shortening  
 2 cups flour  
 1/3 cup buttermilk  
 1/2 teaspoon soda  
 1/2 cup English walnuts  
 1/2 teaspoon salt  
 1/2 teaspoon cloves  
 1/2 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 1/2 teaspoon allspice  
 1/2 cup chopped raisins

Cream sugar and shortening and eggs well beaten, dissolve soda in little hot water and put in buttermilk and add to the sugar mixture, also add spices. Take some of the flour and put over raisins and combine all together.

Drop by dessert spoonful on greased cookie sheets and bake very slowly in medium oven 350 to 400°F. Watch carefully.

**ICE BOX COOKIES**

1 cup butter or shortening  
 2 cups sugar  
 1/4 cup sweet or sour milk  
 3 1/2 cups flour  
 4 egg yolks or two whole eggs  
 2 teaspoons baking powder  
 1/4 teaspoon soda  
 1/2 teaspoon salt

Cream butter, add sugar, cream again, add unbeaten eggs; beat, add milk. Fold in sifted dry ingredients. Roll in loaf, put in ice box to cool; cut thin, sprinkle with sugar. Bake in slow oven.

**ICE BOX COOKIES**

1 lb. butter (may use 1/2 lard, 1/2 butter)  
 2 1/2 cups sugar  
 3 eggs  
 3 cups flour, sifted before measured  
 1 tablespoon white syrup

1 level teaspoon soda  
 1 cup raisins  
 1 cup nuts  
 1 cup dates  
 1/4 cup candied cherries (1/2 pkg.)  
 1/4 cup candied pineapple (1 slice)  
 Mix well, shape in a roll. Let stand over night, then ready for baking.  
 Slice thin. Makes 50 cookies.

**SPICE ICE BOX COOKIES**

1 cup lard  
 1 cup butter  
 1 cup white sugar  
 1 cup brown sugar  
 6 1/2 cups flour  
 1/2 cup nuts  
 1 teaspoon cinnamon  
 3 eggs  
 1 level teaspoon soda dissolved in  
 1 tablespoon warm water  
 Pinch of salt  
 Mold in loaf and put in ice box until morning. Cut in slices and bake.

**ICE BOX BUTTERSCOTCH COOKIES**

2 cups brown sugar  
 1 cup butter  
 3 eggs  
 4 cups flour  
 1 cup chopped nut meats  
 1 cup chopped raisins  
 1 teaspoon cream tartar  
 1 teaspoon soda  
 Mix and let stand in cold place over night. Slice and bake.

**PIN WHEEL ICE BOX COOKIES**

A prize recipe

1/2 cup butter or lard  
 2/3 cup sugar  
 3 tablespoons milk (I use a little more)  
 2 cups flour  
 1 teaspoon vanilla  
 Jennie Wren flour  
 If using other flour use 1 teaspoon baking powder to 1 cup flour

Cream butter, add sugar. Divide dough, add 1 square chocolate to 1/2 dough. Roll white and brown dough out flat; one on top of other. Roll, put in ice box over night, slice and bake.

**WHITE ICE BOX COOKIES**

1 tablespoon butter  
 1 1/2 cups sugar  
 3 eggs  
 5 cups flour

- 1 tablespoon white syrup
- 1 teaspoon soda
- 1 cup raisins
- 1 cup nuts
- 1 cup dates, candied cherries, candied pineapple
- Let stand over night in refrigerator.

### ICE CREAM WAFERS

- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup sugar
- 1 egg, well beaten
- $\frac{3}{4}$  cup flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla

Blend butter and sugar thoroughly, add egg and dry ingredients. Beat well, add flavoring and drop in size of small marbles, well apart on well greased cookie sheet. Put a nut meat in center of each and bake 10 minutes in moderate oven ( $350^{\circ}$ ).

### KISSES

- 2 egg whites, beaten
- 1 cup granulated sugar
- Beat 28 minutes
- 1 tablespoon corn starch
- 1 cup nuts or coconut

Drop on piece of paper and bake 15 minutes in moderate oven.

### KISSES OR MERINGUES

- 2 large egg whites, beaten stiff
- $\frac{2}{3}$  cup sugar
- $\frac{1}{3}$  teaspoon vinegar
- $\frac{1}{3}$  teaspoon vanilla
- Use well buttered muffin tins and bake 50 minutes in slow oven. Makes six.

#### FILLING

Make filling of whipped cream, nuts, fruit and marshmallows.

### LEMON COOKIES

- 1 lemon, juice and grated rind
- 3 eggs
- 1 cup sugar
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup lard
- 4 cups flour, sifted
- 1 teaspoon soda added to flour
- Pinch of salt
- Roll thin, sugar top. Bake.

### MOCHA DROP CAKES

- 1 cup brown sugar
- 2 squares chocolate or
- 3 tablespoons cocoa

- $\frac{1}{2}$  cup shortening, all melted together
- 1 egg
- $\frac{1}{2}$  cup milk
- Pinch of salt
- $1\frac{1}{2}$  cups flour
- $\frac{1}{2}$  teaspoon soda, heaping

Sift flour and soda together and add to above. Drop on flats, 1 teaspoon at a time, bake slowly.

### MOCHA ICING FOR ABOVE

- 1 tablespoon cocoa
- $\frac{1}{2}$  tablespoon butter, melted together
- Add enough hot coffee, 2 or 3 tablespoons

Cook until it is smooth, cool and thicken with powdered sugar until it is thick enough to spread smoothly on the cakes previously baked. A teaspoon of batter is sufficient for each cake. Bake in moderate oven. Use vanilla flavoring.

### MACAROONS

- 2 egg whites
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{3}{4}$  cup granulated sugar
- $1\frac{1}{3}$  cup coconut

Beat eggs stiff and add salt. Beat to sugar,  $\frac{1}{4}$  cup at a time. Add vanilla and fold in coconut. Drop by rounded teaspoons, 1 inch apart, on a greased sheet. Bake in slow oven. Makes 24.

### NUT CAKES

- 1 cup butter
- $1\frac{1}{2}$  cups sugar
- 1 cup sour milk
- 3 eggs beaten separately
- 1 level teaspoon soda, sifted with flour
- 1 level teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- 3 cups flour
- $\frac{1}{2}$  cup raisins
- $\frac{1}{2}$  cup nuts
- $\frac{1}{2}$  teaspoon vanilla
- Cinnamon and cloves to taste

Bake in gem pans, in moderate oven.

### NUT CAKES

- 2 eggs
- 1 cup brown sugar
- 8 rounding tablespoons flour
- 1 teaspoon baking powder
- 1 large cup chopped nuts
- Pinch of salt
- $\frac{1}{2}$  teaspoon vanilla

Drop on buttered tins with a teaspoon.

**NUT COOKIES**

- 2 cups broken black walnuts or English Walnuts
- 2 eggs
- 2 cups brown sugar
- 6 tablespoons flour

Drop on buttered tin and bake in a moderate oven.

**WINNIPEG NUT COOKIES**

- 1 cup sugar
- $\frac{2}{3}$  cup butter
- 2 eggs
- $1\frac{1}{2}$  cups flour
- 1 level teaspoon cinnamon
- 1 level teaspoon cloves
- 1 level teaspoon soda dissolved in
- 4 tablespoons hot water
- 1 lb. dates stoned and cut in pieces
- $\frac{1}{4}$  lb. walnuts or pecans, broken in small pieces

Drop on buttered tins and bake in a moderate oven.

**OATMEAL COOKIES**

- 1 cup sugar
  - $\frac{1}{2}$  cup lard
  - 2 eggs
  - 2 tablespoons milk
  - 1 teaspoon soda, level
  - $1\frac{1}{2}$  cups flour
  - $1\frac{1}{2}$  cups oatmeal
  - 1 teaspoon cinnamon
  - 1 teaspoon nutmeg
  - 1 teaspoon cloves
  - $\frac{1}{2}$  teaspoon salt
  - 1 cup nuts
  - $2\frac{1}{2}$  cups raisins
  - $\frac{1}{2}$  teaspoon baking powder
- Cook raisins with very little water. Melt lard and put in oatmeal.

**OATMEAL COOKIES**

- 2 cups brown sugar
- $\frac{1}{2}$  cup granulated sugar
- $1\frac{1}{2}$  cups shortening (butter and lard)
- 4 eggs
- 1 teaspoon soda, dissolved in warm water
- 1 cup uncooked oatmeal
- 4 cups flour
- $1\frac{1}{2}$  teaspoons vanilla

**OATMEAL SPICE COOKIES**

- $1\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup shortening
- 2 cups oatmeal
- 2 cups flour
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon soda

- 1 teaspoon cinnamon
- $\frac{1}{2}$  cup chopped nuts
- $\frac{1}{3}$  cup sour milk
- 2 eggs
- 1 teaspoon boiling water

Cream butter, adding sugar. Gradually add boiling water, then well beaten eggs. Add oatmeal to the flour that has been mixed and sifted with baking powder, soda and spices. To the first mixture add the milk and dry ingredients alternately. Drop from tip of spoon on well oiled baking sheet and bake in moderate oven 15 to 20 minutes.

**OATMEAL MACAROONS**

- 4 cups oats
- 2 cups brown sugar
- 1 cup melted butter
- 2 eggs, beaten separately
- 1 cup coconut
- 2 cups flour
- 1 teaspoon soda
- $\frac{1}{2}$  teaspoon baking powder
- Pinch of salt
- $\frac{1}{2}$  cup milk
- 1 teaspoon vanilla

Mix and drop by spoonfuls on to greased wax paper and bake until light brown in slow oven.

**X OAT FLAKE COOKIES**

- 1 cup sugar
- 1 cup butter or substitute
- 2 eggs
- 4 tablespoons milk
- 2 cups rolled oats
- 2 cups flour
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 1 cup raisins
- $\frac{1}{2}$  cup nutmeats—chopped
- 1 teaspoon vanilla

Cream butter and sugar, add beaten eggs, then flour sifted with soda, salt and cinnamon. Add 1 teaspoon Vanilla. Lastly add rolled oats, raisins and nuts. Drop by teaspoon on baking sheet. Makes about thirty-six cookies.

**ORANGE DROP CAKES**

- 1 cup sugar
- 2 eggs
- 3 tablespoons butter
- $1\frac{1}{2}$  cups flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  cup orange juice
- 1 orange rind, grated

Bake in tiny gem pans and roll in powdered sugar.

**ORANGE STRAWS**

Remove peeling from 4 oranges so it can be cut in length about  $1\frac{1}{2}$  inches long. Boil in slightly salted water until tender—about 20 minutes. Drain good, then cook in heavy syrup made of  $1\frac{1}{2}$  cups of sugar,  $\frac{1}{2}$  cup of water. Cook until almost candied, 20 minutes or more. Remove to platter until free from syrup. Roll in granulated sugar keeping the sticks separate. Let stand until crystallized. Use your own judgment as to size of straws. Used at dinners and luncheons in place of mints.

**ORANGE MACAROONS**

- $4\frac{1}{2}$  cups soft crumbs
- 2 eggs
- $\frac{1}{4}$  cup melted butter
- $1\frac{1}{4}$  cups sugar
- 2 tablespoons orange juice
- Grated rind of orange
- 1 cup flour
- 1 teaspoon salt
- 3 teaspoons baking powder

Beat eggs and stir in melted butter. Beat in sugar. Add juice and rind of orange. Mix dry ingredients, stir into egg mixture, add crumbs. Drop by spoonfuls on cookie sheet. Bake in moderate oven,  $385^{\circ}$  F, 10 minutes or until brown.

**ORIENTAL COOKIES**

- 2 cups sugar
- 1 cup butter
- 3 eggs
- 4 tablespoons sweet cream
- 1 level teaspoon soda dissolved in tablespoon warm water
- 1 cup raisins, chopped
- $\frac{1}{2}$  lb. English walnuts, chopped
- $3\frac{1}{2}$  cups flour
- 1 slice candied pineapple, chopped

Cream butter and sugar, add the beaten eggs and cream, beat hard, add soda, and part of flour, beat again, add raisins and nuts and rest of flour and beat for five minutes. Drop from small spoon on buttered pans two inches apart and bake slowly about 25 minutes.

**PATUCKET FINGERS**

- $\frac{1}{2}$  cup butter, melted
- 2 squares chocolate
- 3 eggs well beaten
- 1 cup sugar
- $\frac{3}{4}$  cup flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 cup nuts
- Vanilla to taste

Spread on cookie sheet, bake in moderate oven for 12 minutes. Cut in oblongs while still warm.

**PEANUT COOKIES**

- 2 eggs beaten
  - 1 cup sugar
  - 1 cup peanut butter
  - 1 cup cracker crumbs
- Drop on tin and bake.

**PECAN COOKIES**

- $\frac{3}{4}$  cup shortening
- $1\frac{1}{2}$  cup brown sugar
- 1 egg
- $\frac{1}{2}$  teaspoon salt
- 2 cups cake flour
- $\frac{1}{8}$  teaspoon soda
- $\frac{3}{4}$  cup pecans

Cream butter and sugar and add whole egg, sift flour with soda and salt and nuts. Cover and let stand over night.

**PEPPER NUT COOKIES**

- Beat 4 eggs until very light then add
- 2 cups sugar. Beat for five minutes, then add
- 2 cups flour
- 1 teaspoon soda dissolved in a little water
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon pepper
- 1 cup black walnut meats which have been cut fine

Take part of dough and shape in a long roll about 1 inch in diameter, then slice it into quarter-inch slices—roll each piece into small ball. Place on buttered pan and bake in moderate oven until light brown.

**ROCKS**

- 1 cup butter
- $1\frac{1}{2}$  cup sugar
- 3 eggs, beaten separately
- 1 teaspoon soda, dissolved in warm water
- 1 lb. dates, chopped fine (dredge in flour)
- 1 cup nuts
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- $2\frac{1}{2}$  cups flour

Drop from spoon on floured hands and mold into shape.

**ROLLED OATS COOKIES**

- 1 cup brown sugar
- $\frac{1}{2}$  cup lard
- 2 eggs
- 2 tablespoons milk
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon soda, dissolved in milk
- $1\frac{1}{2}$  cups

2 cups sifted flour

$\frac{1}{2}$  cup nuts

$2\frac{1}{2}$  cups raisins

Form in ball; bake on cookie sheet.

### RUSSIAN ROCKS

$\frac{3}{4}$  cup butter

$1\frac{1}{2}$  cups brown sugar

3 eggs

3 cups flour

2 cups walnut meats

2 cups raisins

$\frac{1}{2}$  cup milk

$\frac{3}{4}$  teaspoon soda

1 teaspoon salt

1 teaspoon cinnamon

Cream butter and sugar, add well beaten eggs, then alternately the dry ingredients and milk. Beat well. Stir in chopped nuts and raisins. Drop by teaspoon on oiled baking sheet an inch and a half apart. Bake in moderate oven. These keep well. Makes 6 dozen.

### SOUR CREAM COOKIES

1 scant cup sour cream

1 teaspoon soda

1 cup sugar

1 egg

1 teaspoon nutmeg

Flour to make soft dough (about 2 cups)

Dissolve soda in cream, beat sugar with egg, sift nutmeg with flour. Mix and drop by spoonfuls on greased baking sheet. Particularly good if served while warm.

### SOUR CREAM COOKIES

2 cups sugar

1 cup butter or lard

Cream together. Add:

4 eggs, well beaten

4 tablespoons thick sour cream

$\frac{1}{2}$  teaspoon soda

2 teaspoons baking powder (heaping)

2 teaspoons flavoring

Flour to make soft dough. Roll thin, bake on cookie sheet in quick oven at 475° F. temperature. Makes about 5 dozen small cookies.

### SOUR CREAM CUP CAKES

$1\frac{1}{2}$  cups flour

1 cup cream

1 egg, beaten

1 cup sugar

1 teaspoon baking powder

1 teaspoon vanilla

Pinch of soda when sour cream is used

Bake in well oiled muffin tins.

MRS. W. J. ASH.

### SOUR CREAM DROP CAKES

Break 2 eggs in a cup and fill with sour cream and add  $\frac{2}{3}$  cup of sugar. Beat well together. To 1 cup flour add  $\frac{1}{2}$  teaspoon soda and 1 teaspoon baking powder and mix with first mixture and beat well, then add 1 teaspoon vanilla. Bake in gem pans.

### MRS. JOHN'S STUFFED COOKIES

$\frac{1}{2}$  cup butter

1 teaspoon soda

1 cup sugar

1 egg

2 teaspoons cream tartar

$\frac{1}{2}$  cup milk

3 cups flour

1 teaspoon vanilla

Cook this first and set aside to cool.

### FILLING

1 cup nuts, chopped

1 cup raisins, chopped

1 cup sugar

1 cup hot water

When the cookie dough is ready, roll thin, cut entire amount into cookies, then apportion filling between half of those cut. Lay in pan first and put filling on with teaspoon, then cover with the other cookie halves and bake.

### SPICE COOKIES

2 cups brown sugar

$\frac{3}{4}$  cup butter

2 eggs

1 cup sour milk

2 teaspoons cinnamon

1 teaspoon nutmeg

1 teaspoon allspice

$\frac{1}{2}$  teaspoon salt

1 teaspoon soda

$2\frac{1}{2}$  cups flour

$1\frac{1}{2}$  cups raisins

1 cup chopped dates

1 cup nuts

Mix in order given, drop from spoon into greased pan and bake.

### SUGAR COOKIES

1 cup sugar

$\frac{1}{2}$  cup butter

1 egg

$\frac{1}{2}$  cup sour cream or milk

$\frac{1}{2}$  teaspoon soda

Flour, mix very soft and roll thin.

# Pastries

*"The loveliest hands in masculine eyes  
Are the hands that make the loveliest pies."*

1. All the materials must be cold.
2. Always roll one way and on one side of the pastry.
3. Shortening should be handled as little as possible.
4. Dough should be mixed with a knife and not touched with the hands.
5. Shortening should be cut in with a knife.
6. Cook pastry in a hot oven having the greatest heat at the bottom so that it may rise before browning. Crust is done when it slips from the pan.

## CRUST

- $\frac{3}{4}$  cup flour
- $\frac{1}{8}$  cup water
- $\frac{1}{4}$  cup lard

Sift flour, salt and work in the lard until it is mealy. Roll out and line the bottom of the tin, cut off the edges and press down around the edges. Bake in a hot oven. This makes a single crust.

## PIE CRUST

- 1 cup flour
- $\frac{1}{2}$  cup shortening
- 1 saltspoon salt
- 1 teaspoon baking powder
- 3 tablespoons water (about)

Use half of this recipe for single.

## NEVER FAIL PIE CRUST

- 1 cup shortening
- $\frac{1}{2}$  cup boiling water
- $\frac{1}{4}$  teaspoon salt
- 3 cups flour (sifted)

Mix the salt and boiling water to the shortening and mix until foamy; then add the flour. Set in a cool place 15 minutes before using. Makes two pies.

## ANGEL PIE

- 4 egg whites
- $\frac{1}{8}$  teaspoon cream tartar
- 1 cup granulated sugar
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{2}$  teaspoon lemon

Beat eggs until frothy, add cream tartar, beat until stiff and dry, add slowly 1 cup sugar and flavoring, spread evenly in a pie pan, bake in a very, very slow oven 45 minutes. Can be made the day before wanted.

## FILLING

One-half pint heavy cream beaten stiff, add a can of moist cocoanut or candied

pineapple, cherries and nuts, fill pie shell, place in refrigerator for a couple of hours before serving.

## ANGEL FOOD CREAM PIE

- $\frac{1}{4}$  teaspoon of cream of tartar and
- 4 egg whites whipped as for angel food cake

Scant teaspoon lemon or vanilla

Pour into pyrex baking dish and bake 45 minutes at 200°F. When cold spread over this  $\frac{1}{2}$  pt. whipped cream into which has been folded  $\frac{1}{2}$  can of shredded cocoanut. Sprinkle remainder of cocoanut over top and serve.

## DANISH PASTE

- $2\frac{1}{2}$  cups flour (sifted once)
- 1 teaspoon salt
- $\frac{3}{4}$  cup shortening (use 2 knives to cut in to flour)
- 1 whole egg, beaten very light
- 1 tablespoon sugar
- $\frac{1}{3}$  cup cold water (enough to wet and no more)

Use cloth on moulding board and on rolling pin (new white cotton stocking, child's size is fine for the rolling pin cover). Let stand at least 35 minutes in ice box before using and if wrapped in waxed paper will keep a week in ice box. This is a lovely pie crust and excellent for the olive or date fried dainties.

## DELICIOUS APPLE PIE

- 1 cup cream, or milk
- $\frac{1}{2}$  cup sugar
- 1 tablespoon flour
- 2 egg yolks
- 2 apples

Line a pie tin with pastry, add the apples cut fine, cover with the milk, or cream, mixed with the sugar, flour and beaten egg yolks. Place thin strips of pastry over top in lattice fashion and bake until apples are tender. Place a half marshmallow in each square formed by pastry strips and return to oven to brown.

### FRENCH APPLE PIE

Use thick apple sauce to which has been added:

- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- $\frac{1}{2}$  cup sugar
- 2 tablespoons flour
- $\frac{1}{2}$  teaspoon cinnamon, mixed together

Sprinkle half on pie crust in pan, put in applesauce and sprinkle rest on top; then take  $1\frac{1}{2}$  cups of graham cracker crumbs,  $\frac{1}{4}$  cup melted butter,  $\frac{1}{2}$  cup sugar and 1 teaspoon cinnamon, combine and put over top of applesauce and bake until crust is done.

### CUSTARD APPLE PIE

Choose two ripe apples and scrape to a pulp. Mix with one cup of sugar and one spoon of cinnamon. Beat very light 2 eggs; add one cup sweet milk. Mix together and make with one crust.

Tried.

### FRENCH APPLE PIE

- $\frac{1}{2}$  lb. graham crackers, rolled fine
- $\frac{1}{2}$  lb. butter, mixed well with crackers

Butter a pyrex pie pan. Line the pan with the mixture, pat it into pan to form a crust. Stew about eight apples, drain and mash, sweeten to taste. When cool put into pie pan and bake  $\frac{1}{2}$  hour. Serve with whipped cream.

### BUTTERSCOTCH PIE FILLING

- 1 cup brown sugar
- 1 heaping tablespoon flour
- 1 tablespoon butter
- 1 cup milk
- 1 egg

Beat yolk of egg, stir in flour and milk. Put butter in skillet and melt, stir into it the brown sugar and 4 tablespoons milk and cook 5 minutes. Add first mixture. Cook slowly until thick. If lumpy put through sieve. Put in delicately brown pie crust and frost with whipped cream.

### BRIDGE PIE

- 1 cup sugar
- $\frac{1}{4}$  cup butter
- 2 egg yolks
- 1 cup chopped dates
- $\frac{1}{2}$  teaspoon vanilla
- 7 tablespoons light cream
- $\frac{1}{2}$  cup walnut meats
- 1 tablespoon flour

Cream together and add two well beaten egg whites. Bake in unbaked crust. Serve with whipped cream and cheese balls.

### BUTTERSCOTCH PIE

- 1 cup brown sugar
- 2 tablespoons water
- 5 tablespoons flour
- 1 cup cold water
- $\frac{3}{4}$  teaspoon salt
- 2 eggs, separated
- 1 cup evaporated milk
- 1 tablespoon butter
- $\frac{1}{2}$  teaspoon vanilla

Boil sugar with 2 tablespoons water to a thick syrup. Combine flour and cup of cold water carefully to prevent lumping. Add this and salt to the syrup and boil 1 minute. Beat egg yolks, add milk and add to first mixture. Cook over hot water 10 minutes. Add butter and vanilla. Pour into baked pie shell. When cool cover with meringue made of egg whites, 2 tablespoons sugar,  $\frac{1}{4}$  teaspoon baking powder, 1 teaspoon cold water. Brown in hot oven.

### BUTTERSCOTCH PIE

Mix 1 cup of brown sugar with 2 tablespoons of water in double boiler. Mix 1 tablespoon flour smooth in milk, add 2 well beaten yolks, large piece of butter, cup of milk, vanilla, cook until thick. Bake crust, pour mixture into crust and add beaten whites of eggs and brown in oven.

### CHEESE PIE

- 2 cups cottage cheese
- 3 eggs
- 2 tablespoons butter
- 2 tablespoons cream
- 1 cup sugar
- 1 lemon rind, grated
- 1 tablespoon corn starch
- Pie crust

Cream butter and sugar, add eggs well beaten, then cheese, lemon rind, corn starch and cream. Beat and bake in one large deep pie plate lined with pie crust or in individual tart pans. Bake 30 to 40 minutes or 15 minutes in small pan.



**CHESS PIE**

Bake crust first

Soak  $\frac{1}{2}$  cup raisins in warm water

2 egg yolks

1 cup sugar

2 heaping tablespoons flour

$\frac{3}{4}$  teaspoon cloves

$\frac{3}{4}$  teaspoon cinnamon

Mix with yolks 1 pint boiling water, then put raisins in and cook until thick enough and pour into crust and beat whites and put on top with  $\frac{1}{2}$  cup sugar and brown.

**CHESS PIE**

1 cup sugar

1 cup raisins, chopped

1 cup English walnuts, broken

1 cup butter

3 eggs

Cream butter and sugar then add yolks of the 3 eggs and beat well. Add raisins and nuts, then fold in the stiffly beaten whites of the three eggs.

Have your gem pans lined with pie crust and fill. Bake 30 minutes in medium oven. Will make 16 medium sized pies.

Tried recipe.

**CREAM PIE**

Make crust and bake filling for one pie.

2 egg whites and yolks, beaten separately

1 teaspoon butter

1 cup sweet milk

$\frac{1}{2}$  cup sugar

2 tablespoon flour, level

Mix yolks, sugar, milk, flour and butter; stir well, then cook. Beat whites, adding  $\frac{1}{2}$  cup of sugar when you begin beating the whites. Stir into cooked filling and fill crust. Use any flavoring desired. Very good with pecans.

**MOCK CHERRY PIE**

1 cup seeded raisins

1 cup cranberries

1 cup sugar

1 cup water

1 tablespoon flour

Mix and sift sugar and flour. Wash and pick over berries. Combine raisins and berries and cook in water twenty minutes. Stir in sugar and cook until thick. Let cool and bake between two crusts in hot oven. This may be used without crusts to make an excellent sauce.

**CHERRY PIE WITH GRAHAM FLOUR**

Use a deep pie tin, butter heavily, cover bottom with layer of Graham flour about  $\frac{1}{4}$ -inch deep, then a layer of fresh pitted cherries; dot with bits of butter, enough sugar to sweeten cherries. Put in another layer of flour, more cherries, butter and sugar. Sprinkle top lightly with flour. Bake one hour in slow oven. Serve warm with whipped cream.

**CHOCOLATE PIE**

2 squares sweet chocolate

1 scant cup sugar

1  $\frac{1}{2}$  tablespoons flour

1 large tablespoon butter

Cream all together. Add 1 cup milk and the stiffly beaten whites of 2 eggs. Bake until custard sets.

**CHOCOLATE PIE**

For one pie:

$\frac{1}{2}$  cup milk

1 teaspoon butter

$\frac{1}{4}$  cake German chocolate

Stir well together and cook until it boils, then let it cool. Mix well yolks of 3 eggs, 1 cup sugar, 1 heaping tablespoon of flour, add to mixture. Beat well 3 egg whites with 3 tablespoons sugar, spread over top of pie when done, then return to oven until slightly brown.

**DINNER PIE**

2 eggs, whites and yolks beaten separately

$\frac{1}{2}$  cup sugar

1 tablespoon flour in sugar

2 tablespoons butter, stirred in

1 cup sweet milk

Flavor with lemon or vanilla

When pie is done beat the egg whites with two tablespoons white sugar and spread over top. Brown slightly.

**REAL CREAM PIE**

$\frac{3}{4}$  cup heavy cream

1  $\frac{1}{2}$  cups sugar

Stir together and let stand. Have crust ready. Beat the whites of two eggs stiff and add lightly to sugar and cream. Bake in quick oven.

**CARAMEL PIE**

$\frac{1}{2}$  cup blackberry jelly

$\frac{1}{4}$  cup sugar

Vanilla

3 eggs

1 cup milk

Melt jelly in double boiler, add sugar, beaten yolks and milk and fold in beaten whites. Bake in crust.

## CHIFFON COCONUT PIE

(Delicious)

3 egg whites, beaten stiff

1 cup sugar

3 teaspoons flour

1 cup rich milk

Butter, size of walnut

Flavor to taste

Mix, beat eggs light, add half of sugar and beat 10 minutes. Cook all other ingredients together in a double boiler and when done add to the eggs and sugar already beaten. Add coconut and sprinkle on top, have crust baked. Is a wonderful pie.

## SOUR CREAM PIE

1 cup sour cream

½ cup seeded raisins, chopped fine

½ teaspoon cinnamon

1 cup sugar

¼ teaspoon cloves

3 egg yolks

1 egg white

Bake crust separately. Cool crust and filling. Add filling to the crust, place a meringue made of 2 egg whites and 2 tablespoons of sugar on top of pie. Brown in the oven.

## INDIVIDUAL PIE

1 cup sugar

½ cup butter

1 cup nuts, broken

1 cup raisins or currants

3 egg yolks

3 egg whites

Cream sugar and butter, add nuts, raisins and egg yolks. Last, fold in egg whites. Put in individual pie shells and bake 30 minutes. Sixteen servings. Bake in slow oven.

## CREAM PIE

CRUST

¾ cup flour

¼ teaspoon salt

¼ teaspoon baking powder

3 tablespoons lard

Ice water

FILLING

½ cup sugar

3 tablespoons flour

½ pint light cream

Sift flour, salt and baking powder to-

gether. Use a fork and work lard into the flour until crumbly; add 1 tablespoon ice water at a time using fork to work into a ball. When held together in a ball on the fork, place on a floured board and roll into a crust to fit pan. Place in pie tin and add filling as follows: Spread sugar on the crust; add flour and mix slightly with sugar; pour cream over flour and sugar. Place in very hot oven for five minutes, then reduce heat and bake slowly until brown on top. Cool before serving.

## PEACH CUSTARD PIE

1½ cups milk

1 cup sugar

2 eggs, separated

1 tablespoon corn starch

Fresh sliced peaches

1 baked pie crust

Dissolve corn starch in some of the cold milk, then beat remainder of milk and pour over the beaten yolks, sugar and corn starch. Cook until a thick custard is formed in a double boiler, stirring constantly. Cover bottom of pie crust with sliced peaches and pour over custard.

Put in oven, turning pan over it and bake enough to cook the peaches, then put meringue made of egg whites, 2 tablespoons sugar mixed with 1 teaspoon baking powder. Bake until meringue is set.

## COCONUT PIE

1 cup sugar

3 egg yolks

1½ pint milk

Beat yolks adding milk and sugar, when hot take out some milk and mix two tablespoons corn starch. Add 1½ cups coconut. Beat egg whites stiff and put on top of pie.

## COCONUT PIE

Have a rich, flaky crust already baked.

FILLING

2 egg yolks, beaten

2 cups milk

1 teaspoon butter

½ cup sugar

1 tablespoon shredded coconut

1 tablespoon flour

1 teaspoon flavoring

Use a little of the milk to dissolve the flour. Heat milk, beaten egg yolks, butter, coconut, until thickened in a double boiler. Pour into crust. Beat egg whites stiff and add 1 tablespoon sugar. Spread over pie. Sprinkle with coconut and brown in oven.

**INDIVIDUAL FIG PIES**

- 1 large package figs
- 1 cup sugar
- 1 tablespoon butter
- 2 tablespoons flour
- 1 cup hot water —
- Pinch salt
- 2 egg yolks
- Juice of 1 lemon

Stew and sweeten figs, bake in double crust individual pies. Serve with sauce made of the other ingredients cooked in double boiler until thick. Just before serving add desired amount of whipped cream. Serves ten.

**DELICIOUS JELLY PIE**

- 1 cup sugar
- $\frac{1}{2}$  cup butter
- 4 egg yolks
- $\frac{1}{2}$  cup jelly, I prefer plum
- $\frac{1}{2}$  cup cream
- 1 large tablespoon flour

Line pie tin with pie crust and bake in moderate oven until brown. This pie is unusual and very delicious.

**ENGLISH APPLE PIE**

(Similar to Apple Pudding Under Desserts)

Slice apples as for pie into a deep pie or cake pan. Add sugar and cinnamon or nutmeg, then cover with the following:

- $\frac{1}{2}$  cup soft butter
- 1 cup brown sugar
- 1 cup flour

Mixing well and patting on top of apples. Bake slowly in a moderate oven. Serve either plain or with cream.

**GRAPE PIE**

- 1 cup seeded Concord grapes
- Scant cup sugar
- 1 egg well beaten
- 1 tablespoon flour
- Butter size of walnut

Bake between two crusts.

**GRAPE PIE**

- 3 egg yolks, white of one
- 2 level tablespoons corn starch
- 1 cup sugar
- 2 cups grape juice

Cook in double boiler, put in baked shell and cover with meringue made of two remaining egg whites.

**GRAPE PIE**

- 1 whole egg and yolk of another
- 1 cup sugar
- 1 heaping cup Concord grapes (after be-

ing seeded)

Beat sugar and egg together, then add the seeded grapes, 1 tablespoon flour, pour into unbaked crust with dots of butter on top and bake until it is firm. Use the white of egg for a frosting.

**GRAHAM CRACKER PIE  
(For Children)****PIE CRUST**

- 16 graham crackers, rolled fine
- $\frac{1}{2}$  cup melted butter
- 3 egg whites (beaten)
- 3 tablespoons sugar

Save  $\frac{3}{4}$  cup of cracker crumbs for top. Mix remaining crumbs and butter, pat into shape in pie pan. Use any cream filling, then beat whites of 3 eggs, add 3 tablespoons sugar and spread on top. Sprinkle cracker crumbs over the top. Bake 15 minutes.

**GRAHAM CRACKER PIE****CRUST**

- 18 graham crackers rolled (reserve out a few of the crumbs to sprinkle on top)

- $\frac{1}{4}$  lb. butter
- $\frac{3}{4}$  cup sugar
- 1 teaspoon cinnamon

Melt butter, add sugar, crackers and cinnamon. Mix well together. Pat well into a pyrex or tin pie pan and fill with custard filling.

**CUSTARD FILLING**

- 1 pt. sweet milk
- 2 heaping teaspoons corn starch
- 2 egg yolks
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  cup sugar
- 1 teaspoon vanilla

Beat egg yolks, add milk, sugar, salt, cornstarch and flavoring. Cook till thick, fill pie shell and cover with meringue.

**MERINGUE**

- 2 egg whites
- 2 lbs. powdered sugar
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla

Beat egg whites till foamy, add salt and continue beating till stiff. Gradually add sugar and flavoring. Place on top of custard and sprinkle few cracker crumbs on top, bake 15 minutes in slow oven.

**LEMON PIE**

Bake separate pie crust.

Recipe:

- 1  $\frac{1}{4}$  cups sugar
- $\frac{1}{2}$  cup flour, sifted twice
- Good pinch of salt
- 3 egg yolks

Juice of 1 large lemon and grated rind

1 teaspoon butter

1½ cups boiling water

Mix sugar, flour, salt and add boiling water, stirring constantly. Cook 15 minutes on low fire until very smooth, then add the butter, beaten yolks, rind and juice of 1 lemon.

Turn into crust and cover with meringue of three whites of eggs. Makes a large pie.

### LEMON SPONGE PIE

½ pkg. lemon gelatine

½ cup boiling water

4 egg yolks

½ cup sugar

Juice and grated rind of one lemon

4 egg whites

½ teaspoon salt

½ cup sugar

Dry macaroons and whipped cream

Dissolve gelatine in boiling water. Put beaten yolks, ½ cup sugar, lemon juice and rind in double boiler and cook till thick as custard. Add gelatine mixture and cool. When thick, but not set fold in beaten whites mixed with salt and ½ cup sugar and pour in large baked shell. Let stand 2 hours before serving. Cover with whipped cream and the crushed macaroons.

### MOLASSES NUT PIE

1 cup sugar

1 tablespoon butter

3 eggs

1 cup dark syrup

¾ cup pecan meats

1 teaspoon vanilla

Cream butter and sugar, add beaten eggs, syrup and vanilla and pecans. Line pie plate with pastry and pour in filling and bake in moderate oven until firm. Pecans are the only nuts you can use.

### MINCE PIE

7 lbs. apples

3½ lbs. meat cooked until tender

1 lb. suet

1 lb. raisins

1 lb. currants

1 qt. plums or

1 orange and 2 lemons

Sugar to sweeten

Cinnamon

Allspice

1 pt. vinegar

Cook until it comes to the boiling point, then put into jars and seal. Makes 5 quarts.

### MINCE PIE

5 lbs. neck meat

1 lb. suet

1 lb. brown sugar

1 cup butter

Salt to taste

Juice of 3 lemons, grate rind of all lemons

4 lbs. seedless raisins

3 lbs. currants

1 lb. citron

Boil cider vinegar down to 1 pint

1 pint vinegar

1 pint thick grape juice

1 teaspoon nutmeg

1 teaspoon cinnamon

1 teaspoon cloves

2 big chopping bowls of Jonathan apples and more if needed

1 glass jelly

This will make 5 quarts or more.

### MOCK MINCE MEAT

3 soda crackers, rolled fine

1 cup molasses

½ cup brown sugar

½ cup mild vinegar or syrup from sweet pickles

½ cup melted butter

½ cup raisins

½ cup currants

1 egg beaten light

1 teaspoon cinnamon

¼ teaspoon cloves and allspice

5 apples, chopped fine

### ORANGE PIE

Juice of 2 oranges

1 orange rind grated

1 cup sugar

2 eggs

1 cup milk

1 large tablespoon flour

3 level tablespoons butter

Cream butter and sugar, add yolks of eggs, beat hard and add flour, orange juice, and the grated rind, cook in double boiler, and add butter, let cool and pour in baked crust. Make a meringue of the whites of eggs and brown lightly in oven. Decidedly delicious!

### NUT TARTE

1½ cups graham crackers (rolled)

2 cups white sugar

5 eggs beaten separately

1 teaspoon baking powder

1 cup nuts

Mix dry ingredients, add egg yolks, then whites folded in last. Butter pie pans and bake hour in moderate oven. Serve with whipped cream with marshmallows cut up over top.

**ORANGE PIE**

Use juice and pulp (cut into small pieces) of 2 oranges, grated rind of one. Add small lump of butter, 2 beaten egg yolks,  $\frac{1}{4}$  teaspoon salt, 2 tablespoons flour mixed with  $\frac{1}{2}$  cup sugar. Cook together until thick like custard. Add  $\frac{1}{2}$  cup sugar to two beaten egg whites. Fold into the custard and pour into baked pie shell.

**ORANGE, LEMON MERINGUE PIE**

$1\frac{1}{2}$  cups milk  
 $1\frac{1}{2}$  cups sugar  
 3 heaping teaspoons corn starch  
 3 eggs  
 Juice and grated rind of 1 lemon and 1 orange  
 Pinch of salt  
 2 tablespoons sugar for the meringue

Boil milk and sugar together, add corn starch moistened with a little water and cook five minutes. Then add yolks of eggs, lemon and orange juice rind and salt. Cool and pour into previously baked crust. Cover with a meringue made by the whites of the eggs with the 2 tablespoons of sugar. Brown in oven.

**DIVINITY LEMON PIE**

3 egg yolks  
 Juice of 1 lemon  
 Grated rind of 2 lemons  
 3 tablespoons hot water  
 1 cup sugar

Beat egg yolks, add water, juice, rind and half of sugar. Cook in double boiler until thick. When cold beat whites of eggs stiff, add  $\frac{1}{2}$  cup sugar, fold into first mixture, put in baked pie shell and brown in medium oven.

**LEMON CAKE PIE**

1 cup sugar  
 5 tablespoons flour  
 $\frac{1}{8}$  teaspoon salt  
 2 eggs  
 Grated rind of 2 lemons  
 6 tablespoons lemon juice  
 3 tablespoons melted butter  
 1 cup thin cream

Sift sugar, salt and flour together; add melted butter, lemon rind grated and lemon juice, then egg yolks slightly beaten and cream and mix thoroughly. Cut and fold in the well beaten whites and pour into a plate lined with plain pastry. Bake in hot oven at 500°F., until pastry is set then in slow oven 325°F., about 30 minutes or until knife inserted in center comes out clean. Makes one large pie. Serves 8 small or 6 large helpings.

**LEMON FLUFF PIE**

3 egg yolks  
 $\frac{1}{2}$  cup sugar  
 Rind of 1 lemon  
 1 teaspoon flour  
 1 tablespoon water

Cook in double boiler until creamy.

Have whites of 3 eggs stiffly beaten, fold cooked ingredients into egg whites and pour into pie crust already cooked. Put into oven and brown. This pie was awarded \$10 in gold at the Rorabaugh Dry Good Co., cooking school.

**CALIFORNIA LEMON CREAM PIE**

Four eggs. Beat yolks to a cream. Add  $\frac{3}{4}$  cup of sugar and beat. Add juice and rind of 1 lemon. Add white of two eggs that have been well beaten. Beat all together thoroughly with Dover egg beater. The success lies in the proper beating. Put mixture in double boiler and cook until it sets. Then put into baked crust, top with whites of other two eggs and brown lightly.

**CHIFFON LEMON PIE**

4 eggs  
 1 cup sugar  
 Juice and grated rind of 1 lemon  
 1 teaspoon butter

Separate eggs, cook yolks with  $\frac{3}{4}$  cup of sugar, add butter. Beat remainder of sugar with egg whites and add half to filling, while hot. Use the rest of egg whites and sugar for meringue.

**CHIFFON PIE**

3 eggs  
 1 cup sugar  
 1 lemon

Separate eggs. To the yolks add  $\frac{1}{2}$  cup sugar and the lemon juice and cook. Add well beaten whites with  $\frac{1}{2}$  cup sugar added. Pour into center of hot crust and brown quickly.

**LEMON PIE**

1 good sized lemon  
 $1\frac{1}{2}$  cups sugar  
 $1\frac{1}{2}$  cups water  
 3 tablespoons flour  
 4 eggs

Mix all but the whites together and cook in double boiler. Beat whites with sugar put over top and brown. Makes two pies.

**LEMON CREAM PIE**

- 1 lemon (grated rind and juice)
- 1 cup sugar
- 1 1/4 cup water
- 2 tablespoons flour
- 2 egg yolks, beaten

Put all ingredients together and cook, stirring all the time or use double boiler. Use egg whites for meringue. Place filling in baked crust.

**LEMON SPONGE PIE**

- 1 lemon (grated rind and juice)
- 2 eggs, beaten separately
- 1 cup sugar
- 2 tablespoons flour (heaping)
- 1 tablespoon butter (melted)
- 1 cup milk

Mix dry ingredients. Add lemon juice, egg yolks and milk, melted butter. Fold in whites of eggs beaten stiff last thing. Put in pie crust and bake in moderate oven. It is well to stick the crust and bake a little before adding the filling.

**PECAN PIE**

- 1 cup brown sugar
- 1 cup sweet milk
- 2 egg yolks
- 1 tablespoon flour
- 1 small lump butter
- 1 cup pecan meats

Cook sugar, milk, egg yolks and flour in double boiler until thick, add butter, pecan meats chopped, pinch of salt, and 1/2 teaspoon vanilla, cool. Put in baked crust, and cover with the stiffly beaten egg whites to which have been added two tablespoons sugar, sprinkle with a few pecan meats and brown in oven.

**PECAN PIE**

- 1 tablespoon butter
- 1 cup sugar
- 3/4 cup pecan meats
- 3 eggs, unbeaten
- 1 cup dark syrup
- 1 pie shell unbaked

Have oven at 300°. Cream butter and sugar together, add unbeaten eggs one at a time. Add the syrup and nuts. Pour into unbaked pie shell and bake in slow oven until it begins to get solid, usually 45 minutes. This is very rich and may be served with or without whipped cream. Will make a large pie that will serve eight. Chill before serving.

**PINEAPPLE CREAM OR  
BLACK WALNUT PIE**

- 1 small can grated pineapple
- 2 egg yolks, beaten

- 1/2 cup sugar
- 2 tablespoons flour
- 2 tablespoons butter
- 1 cup milk or cream

Cook ingredients together until thick enough for pie. Cool. Add 1/2 cup sugar to the stiffly beaten egg whites, fold into the mixture and pour into baked pastry shell. One cup of black walnut meats may be substituted for the pineapple, adding same after mixture has been cooked. Top with whipped cream.

**PINEAPPLE PIE**

- 1 tablespoon corn starch
- 1 tablespoon flour
- 3/4 cup sugar
- 1 tablespoon butter
- 2 egg yolks
- 2 slices of pineapple

Mix corn starch and flour with sugar, pour in 1 1/2 cups of boiling water and stir constantly. Cook until clear. Add butter, yolks of eggs well beaten, and pineapple cut in pieces.

**PUMPKIN PIE**

- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1/4 cup water
- 2/3 cup brown sugar
- 2 eggs
- 1/8 teaspoon salt
- 1 1/2 cup pumpkin
- 1/2 cup evaporated milk

Mix spices and water. Add sugar, pumpkin and milk.

**PUMPKIN PIE**

- 2 cups sugar
  - 2 cups milk or cream
  - 1/2 can pumpkin
  - 2 tablespoons flour
  - 1/2 teaspoon salt
  - 1 teaspoon ginger, cinnamon and nutmeg
  - 3 eggs, beaten separately
- Put whites in last

**PUMPKIN PIE WITH PECAN  
MEATS**

- 1 1/4 cups pumpkin
- 1 cup sugar
- 1/2 cup cream
- 1/2 cup milk
- 2 eggs
- 1 teaspoon cinnamon

Mix all ingredients except eggs and pecan meats. Beat eggs, add to mixture. Stir in meats and bake. Serve with whipped cream.

**PUMPKIN PIE WITH WHIPPED CREAM AND PECANS**

- 1/2 cup pecan meats
- 1 cup cream
- 2 eggs
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon ginger
- 1 1/2 teaspoons nutmeg
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon allspice
- 2 cups pumpkin
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 cups rich milk

Beat eggs, stir in pumpkin and milk and sugar, then flour and salt, lastly spices (sift flour and spices together if you wish). Beat swiftly five minutes or more. Bake in pie crust (unbaked) in hot oven, 400° for 10 minutes, decrease heat to 325° and bake 40 minutes. Mix together 2 tablespoons sugar and cream until it stands. Cover over pie when it is cold and sprinkle with pecan meats.

**PUMPKIN PIE**

- 1 pint pumpkin
- 2 eggs
- 1 cup sugar (white or brown)
- 1/2 teaspoon salt and a little pepper
- 1 tablespoon butter
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1 pint sweet milk
- 2 tablespoons flour
- Vanilla

Bake slowly. Makes two pies.

**RHUBARB PIE**

- 2 cups rhubarb, wash and cut in 1 inch pieces, do not peel
- Pour boiling water on rhubarb and let stand 2 minutes, drain and add:
- 1 tablespoon flour
- 2 egg yolks
- 1 cup sugar
- Piece of butter

Mix well and pour in pan and bake. Cover with meringue made of 2 whites of eggs. Brown.

**RHUBARB PIE**

- 1 cup chopped rhubarb
- 1 cup white sugar

- 1/2 cup cold water
- 2 tablespoons flour
- 1 tablespoon butter
- 2 egg yolks

Stir the sugar into the rhubarb, add water and let stand an hour or longer, then add the other ingredients and mix well. Bake rather slowly in open crust. When done cover with meringue made from the whites of two eggs.

**TUTTI FRUITI PIE**

- 1 cup sour cream
- 1 cup raisins
- 3 egg yolks
- 1 cup nuts
- 1 cup sugar

Bake in pie crust until mixture puffs up. Then beat whites, use 3 level tablespoons of sugar and bake until brown.

**WASHINGTON PIE**

- 1 egg
- 1 cup sugar
- 2 tablespoons shortening
- 1 large cup milk
- 2 cups flour
- 3 teaspoons baking powder
- Flavoring to suit taste

Cream shortening, sugar and add beaten eggs. Cream well, then add other ingredients and beat well. Bake in one large and two small layers in moderate oven from 20 to 30 minutes.

**FILLING**

- 1 cup milk
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/3 cup flour
- 2 eggs
- 1 teaspoon vanilla or lemon
- Coconut

Scald milk, mix dry ingredients, add eggs after slightly beating; pour mixture slowly into boiling milk and cook 15 minutes. Use double boiler. Allow to cool before adding vanilla and coconut. The amount of coconut used depends upon how well you like coconut. May use all it will take in.

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## Desserts—Puddings

*Desserts from the south, north, east and west,  
Though left 'til the last are often best.*—E. T. H.

Custards are of two kinds, boiled custards and set custards. Boiled custards always cook in a double boiler and stir constantly while cooking and also until cold. Set custards are baked in oven and never stirred while cooking. Must be baked in a slow oven. When custard is watery the oven is too hot. When boiled custard lumps it has been cooked too fast and too long.

Tests for custards cooking: Soft custard is done when the froth disappears. Another test—When it covers the back of silver spoon.

Set custard is done when a silver knife can be run through the center and comes out clear.

Custards bake better in a shallow dish than a deep one. It must not stay in oven too long or it becomes watery. Boiled custards are smoother if you use only the egg-yolks. Overbeating of eggs makes custards curdle. Beat just enough to have egg smooth and not stringy.

### ANGELS DELIGHT

- 1 angel food cake
- 8 maraschino cherries
- 1 cup shredded pineapple
- 1 cup nuts
- 1 cup whipped cream
- 12 marshmallows

Shred the center of cake, add other ingredients. Pack in the cake shell. Place in refrigerator for two hours.

### ANGEL PUDDING

- 1 lb. English walnuts, shelled
- 1 1/4 cups powdered sugar
- 3 teaspoons baking powder
- 9 ozs. dates
- 5 egg whites

Break nuts fine and cut dates fine. Add sugar and whites of eggs last. Bake in moderate oven 20 to 30 minutes. Serve with whipped cream.

### APPLE MACAROON

- 4 or 5 apples (cooking apples)
- 1 cup sugar
- 1 tablespoon butter
- 1 egg (well beaten)
- 1/2 teaspoon baking powder
- Pinch of salt

Slice apples into pie plate. Sprinkle with cinnamon and one-half of the sugar. Cream butter and remainder of sugar,

and add to the well beaten egg. Sift flour, baking powder and salt, and mix with egg mixture and pour over apples. Bake in moderate oven 30 minutes. Serve with whipped cream or cream. Serves 6 or 8.

### APPLES A LA KING

- 6 large apples
- 1 tablespoon melted butter
- 3/4 cup chopped raisins
- 1/4 cup chopped nuts
- 1/4 cup sugar
- 1 tablespoon lemon juice
- 1 1/4 cups ginger ale

Pare and core apples. Mix melted butter with raisins, nuts and sugar. Fill center of apples with this mixture and arrange in shallow baking dish. To remainder of mixture add lemon juice and ginger ale. Pour around apples and bake until tender. Baste frequently. Delicious dessert, but exceptionally good with meat course.

### APPLE (or Fruit) PUDDING SAUCE

- 1 cup sugar
- 2 cups boiling water
- 1 cup fruit (use about 5 medium sized apples)
- Sugar to season
- A piece of butter size of egg
- Cook until tender

**BATTER**

Butter size of walnut

$\frac{1}{2}$  cup milk

$1\frac{1}{2}$  teaspoon baking powder

1 cup sifted flour

$\frac{1}{2}$  cup sugar and cream

Pinch salt

Drop into boiling fruit and bake 15 to 25 minutes.

**APPLE PUDDING**

8 large apples

1 cup brown sugar

1 cup flour

1 cup granulated sugar

$\frac{1}{4}$  lb. melted butter

Peel the apples, core and cut into thin slices. Put in baking dish. Sprinkle with cane sugar. Mix the brown sugar with the flour and sprinkle over all the apples. Pour the melted butter over all. Bake in slow oven 45 minutes. Let stand in the baking dish until cool, cut in squares, cover with whipped cream and ground cherries. Serves 8.

**APPLE DESSERT**

3 eggs

1 cup sugar

$\frac{1}{2}$  cup flour

1 teaspoon baking powder

Vanilla

Peel and core as many apples as guests. Add a little water and bake until done. Make a batter of the egg yolks, beaten to a lemon color, add sugar gradually, add flour and baking powder well sifted, then stiffly beaten egg whites. Flavor with vanilla. Pour over apples and return to oven to bake 15 minutes. Serve with whipped cream.

**ALMOND ICE BOX CAKE**

1 cup almonds or pecans, cut

$\frac{1}{2}$  cup maraschino cherries, cut

1 can No. 1 tall grated pineapple, drained

1 doz. lady fingers

1 doz. almond macaroons

1 box lemon jello

1 pt. whipping cream

$\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup hot water

Add the hot water and sugar to jello and cool. Mix all fruit together, whip cream and add to fruit and last the cool jello. Line a deep mold with lady fingers and pour in mixture. Let stand over night. Makes 12 servings of slices.

**BANANA PUDDING**

2 cups sweet milk

$\frac{3}{4}$  cup sugar

2 tablespoons flour

Cook in double boiler until a thick cus-

tard, stirring constantly. Line a glass bowl with vanilla wafers, cover with sliced bananas and pour over each layer the hot custard. Add stiffly beaten egg whites, set in toaster and brown. Chill and serve.

**BIJOU PUDDING**

$\frac{1}{2}$  box gelatine

$\frac{1}{2}$  cup cold water

$\frac{1}{2}$  cup boiling water

$\frac{1}{2}$  cup sugar

Whites of five eggs

1 small can grated pineapple

$\frac{1}{2}$  cup English walnut meats cut fine

$\frac{1}{2}$  cup marschino cherries cut in halves

Dissolve gelatine in cold water, add hot water and stir well. When beginning to set add pineapple, nuts, cherries and beaten eggs.

**BROWN SUGAR PUDDING**

$\frac{1}{2}$  cup brown sugar

$\frac{3}{4}$  cup sweet milk

1 cup flour

1 tablespoon butter

1 cup raisins

$\frac{1}{2}$  cup nuts

1 teaspoon each cinnamon, nutmeg and baking powder

Make the above into a batter. Then mix the following sauce:

$1\frac{3}{4}$  cups light brown sugar

1 cup hot water

1 tablespoon butter

Dissolve sugar in the hot water. Add butter. Have batter in baking dish, pour sauce over it and put in oven. Bake until done. Batter will raise to top. Sauce will be in bottom of pan. Serves 8 or 10.

**BLACKBERRY PUDDING**

2 tablespoons butter

1 cup granulated sugar (sifted)

2 eggs

$\frac{1}{2}$  cup milk

$1\frac{1}{2}$  cup flour

2 cups blackberries (raisins or currents)

1 teaspoon baking powder

1 teaspoon flavoring

Work butter to cream. Stir in egg yolks and add gradually, the sugar, then the milk. Sift flour several times and add. Beat well, add flour and fruit dusted in flour. Beat whites of eggs stiff and add, with baking powder, mixing lightly. Bake in moderate oven 20 or 30 minutes. Serve with clear vanilla sauce.

**BREAD PUDDING**

$1\frac{1}{2}$  cup bread crumbs

$\frac{2}{3}$  cup white sugar

- 1 cup hot water with 1 teaspoon soda
- 1 egg
- 1 tablespoon butter
- $\frac{2}{3}$  cup raisins
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon cloves
- 1 teaspoon cinnamon

Beat eggs, add sugar, spices, butter, bread crumbs, water and raisins. Mix well, steam in double boiler two hours. Serve with cream.

### BREAD PUDDING

Put one-half cup sugar into sauce pan and melt over slow fire. Add gradually three cups scalded milk and when blended add two cups stale bread crumbs and let soak until soft.

Beat two eggs, and about three-fourth cup sugar, one-half teaspoon salt, one and one-half teaspoon vanilla.

Combine with first mixture and add generous piece of butter. Turn into buttered baking dish and bake slowly  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours. Serve with whipped cream or hard sauce.

### BANANA JELLO

Prepare one package of lemon jello. When set, beat in three mashed bananas. Return to ice box until needed.

MRS. WILLIAM DEDRICK.

### CANDY PUDDING

- 2 eggs beaten separately
- 1 cup sugar
- 1 tablespoon flour with 1 teaspoon baking powder
- 1 cup walnuts broken rather fine
- 1 cup dates chopped

Bake one hour in dish set in pan of hot water. Allow to cool standing in the pan of water. Serve with whipped cream.

### CRUMBLE PUDDING

- 4 egg whites
- 1 cup sugar
- 1 cup chopped dates
- 1 cup nut meats broken
- 1 cup soft bread crumbs
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- Pinch salt

Beat egg whites stiff adding salt sugar, dates, and nuts in order given. Mix crumbs and baking powder well, add to first ingredients, flavor, bake in slow oven 1 hour. Leave in pan until cold. Serve with whipped cream or lemon sauce.

### CHOCOLATE ICE BOX CAKE

#### Part One

- 1 cup powdered sugar, creamed
- 1 cup butter (scant)

#### Part Two

- 4 yolks of eggs
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  lb. chocolate
- $\frac{1}{4}$  cup water

Cook in double boiler and cool. Add to Part One and beat. Stir into the stiffly beaten whites of 4 eggs. Split 2 dozen lady fingers and put layer in pan then cover over with icing. Add another layer of lady fingers and cover with icing. Let stand in ice box 24 hours. Will serve 12.

### COFFEE SOUFFLE

- $\frac{1}{2}$  cup strong hot coffee
- 1 tablespoon gelatine
- $\frac{2}{3}$  cup sugar
- $\frac{1}{2}$  cup milk
- 3 egg yolks
- 3 egg whites
- $\frac{1}{2}$  teaspoon vanilla

Dissolve the gelatine in the hot coffee, add half the sugar, put in the milk and heat in double boiler. Stir in egg yolks, slightly beaten. Add remainder of sugar and cook until it thickens. Fold in stiffly beaten egg whites. Mold and chill. Serve with whipped cream.

### CHOCOLATE PUDDING (Steamed)

- 1 large tablespoon butter
- $\frac{1}{2}$  cup milk
- $\frac{3}{4}$  cup sugar
- 3 eggs
- 1 teaspoon baking powder
- 1 square Baker's chocolate
- $\frac{1}{2}$  cup flour
- Vanilla

Beat eggs, add sugar, milk and flour mixed and sifted with baking powder. Melt chocolate and butter together and add to mixture. Flavor with vanilla. Steam about one hour and serve with whipped cream or lemon sauce.

### CHOCOLATE SOUFFLE

- 1 tablespoon butter
- 2 tablespoons flour
- 1 cup milk
- $1\frac{1}{2}$  squares chocolate
- $\frac{1}{2}$  cup sugar

Make sauce of butter, flour and milk. Add sugar and chocolate. Cook until thick. Remove from fire, add beaten yolks of 4 eggs. Set aside to cool. Add beaten whites of eggs, vanilla and bake 40 minutes in pan set in hot water in moderate oven. Serve with whipped cream.

### CARROT PUDDING

- 1 cup raw carrots
- 1 cup raw potatoes
- 1 cup suet

- 1 cup raisins
- 1½ cup sugar
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon mixed spices
- 1 egg
- 3 cups flour (perhaps)

Grind first four ingredients. Then add other ingredients and mix well. Use enough flour so that ingredients will not be watery. Put in buttered steamer and steam for three hours. When cool put in refrigerator, slice and reheat (by steaming) before serving. Serve with either whipped cream or hard sauce.

## CHERRY PUDDING

Separate 5 eggs

- 1 cup of sugar
- ½ cup of butter
- ½ cup of new milk
- 1½ cup of cherry preserves

Cook all together then put in a rich pastry crust. Beat the whites and to every egg put a tablespoon of sugar. Put on top and brown.

### TO MAKE SAUCE

- 1 whole egg
- ½ cup butter
- 1 cup whipped cream
- Flavor with vanilla

Serve with whipped cream.

## CHERRY RANDALL

- 1 cup sugar
- 1 cup Royal Ann Cherries
- 1 cup cherry juice
- 1 cup nuts
- 1 cup nabiscos
- 1 envelope gelatine
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 6 eggs

Dissolve gelatine in 1 cup water. Cook yolks of 6 eggs, cherry juice, sugar.

Add geletine and cool. Add beaten whites of the 6 eggs, nuts, cherries, vanilla and nabiscos. Serve with whipped cream.

## CHOCOLATE BREAD PUDDING

- 2 cups bread crumbs
- 4 cups scalded milk
- 2 squares chocolate
- ¾ cup sugar
- 2 eggs
- ¼ teaspoon salt
- 1 teaspoon vanilla

Soak crumbs in warm milk, melt chocolate, add sugar and enough milk, taken from the bread and milk mixture to make thin. Add to rest of bread and milk with salt, beaten eggs and vanilla. Turn into

buttered baking dish, bake 1 hour in moderate oven.

## CARAMEL DUMPLINGS

### Part 1

Brown ½ cup sugar in a pudding pan

Add 3 cups of boiling water

- 1 cup sugar
- 1 tablespoon butter
- Pinch of salt

Boil 10 minutes.

### Part 2

- 1¼ cups flour
- ½ cup sugar
- 1 large teaspoon baking powder
- ½ cup sweet milk

Mix dry ingredients. Add milk and teaspoon vanilla. Drop this dough in tiny bunches into hot syrup or part one and bake in moderate oven 20 minutes. Serve cold with whipped cream.

## CHOCOLATE CREAM ROLL

- 5 eggs
- 1 cup powdered sugar
- 1 tablespoon flour (heaping)
- 3 tablespoons cocoa

Beat yolks of eggs, add sugar, flour, cocoa and last the whites of eggs beaten stiff. Bake in a layer. When cool spread with one cup heavy cream, whipped, sweetened and flavored to taste. Roll up like jelly roll. Ice with soft chocolate or Mocha icing. Will serve ten or twelve.

## CRANBERRY DESSERT

- 1 qt. of raw cranberries
- 2 bananas
- 1 cup brown sugar
- ½ pt. double cream
- 1 cup of chopped pecan nuts

Wash cranberries well, grind berries and bananas in food chopper. Stir brown sugar into ground berries, then fold whipped cream into berries. More brown sugar can be added if desired. Serve in chilled sherbet glasses and put chopped nuts on top. A very good dessert to serve with chicken or roasts. Serves 8 to 10.

## CHARLOTTE RUSSE

- ½ pint cream (whipped)
- Melt 1 heaping teaspoon gelatine in a little cold water

Add ¾ cup of sugar and just enough warm water to melt the sugar. Stir. Cool but do not let get cold. Beat white of 1 egg, add to whipped cream. Stir in the

gelatine and sugar. When beginning to set pour over sponge cake or lady fingers.

### CREME ORIENT

2 packages lemon gelatine  
2 cups boiling water  
2 cups canned pineapple juice  
2 cups cream, whipped  
1½ cup dried pineapple  
½ cup preserved ginger chopped fine

Dissolve gelatine in boiling water, add pineapple juice, chill mixture until thick but not set, then whip with egg beater until frothy. Add cream, pineapple and ginger. Pile in sherbet glasses or small molds—serve very cold—sufficient for twelve.

### CREAM PUFFS

1 cup hot water and ½ cup butter. Boil together, stir in 1 cup sifted flour dry. Remove from stove and stir to a paste. After this *cools*, stir in 3 eggs, one at a time. Stir until all mixed thoroughly, then drop in buttered gem pans and bake in quick oven 25 minutes. Makes 12.

#### FILLING FOR SIX

1 cup milk  
1 cup sugar  
1 egg  
3 tablespoons flour  
Vanilla

Mix all together until smooth and cook slowly until thick, stirring often. When puffs and filling are cold, open puffs and fill. Dust with powdered sugar.

### CARAMEL PUDDING

1 qt. sweet milk  
3 eggs  
1 cup sugar  
2 heaping tablespoons corn starch

Put milk on to heat. Mix yolks with 3 tablespoons of cold milk. Mix corn starch with sugar and beat with yolks. When milk is hot add the above mixture and stir until thick. Put ½ cup sugar in small pan and dissolve until light brown. Turn custard into pan, cover with caramel, add meringue and brown in slow oven. Serve with cream.

### STEAMED CHOCOLATE PUDDING

1 egg  
½ cup sugar  
½ cup milk  
1 teaspoon baking powder  
1 square melted chocolate

1 cup flour

Mix well and steam one hour. Serve with hard sauce or whipped cream.

### CUP CUSTARD

Scald 4 cups of milk  
Add 4 eggs beaten very lightly  
½ cup sugar  
¼ teaspoon salt  
Vanilla or nutmeg to flavor  
This makes 4 cups; 6 if small.

### DUCHESS CREAM

1 cup pearl tapioca  
3 oranges  
2 cups sugar  
1 can chopped pineapple  
2 egg whites  
Cream, cherry and nuts

Soak one cup of pearl tapioca in cold water over night. Place in double boiler and add one large cup of boiling water and cook until clear, adding water as necessary. Remove from fire and cool. While beating constantly pour in stiffly beaten whites of 2 eggs.

Have already mixed and chilled 3 shredded oranges, one can of chopped pineapple (drained) and 2 cups of sugar. Add to the tapioca and egg mixture. Chill and serve in sherbet glasses topped with sweetened whipped cream, cherry and ground nut meats. This will serve 15 portions.

### DESSERTS

Any cooked fruit, canned peaches, apricots, plums, small fruits, or cooked prunes, dried peaches or apricots.

One cup of fruit to one cup of double cream. Whip cream, add crushed fruit, sugar if necessary, place in electric refrigerator pan about two hours.

### UPSIDE-DOWN PUDDING

1½ cup brown sugar  
1½ cup hot water  
1 scant cup white sugar  
1 cup milk  
1 cup flour  
1 teaspoon baking powder  
½ cup dates, cut fine  
½ cup broken English walnuts or pecans  
1 teaspoon vanilla  
Pinch salt

Make syrup of sugar and water, pour in bottom of bake pan, make batter of the following: white sugar, milk, flour and baking powder, dates, nuts, vanilla and salt. Pour batter over syrup but do not mix. Bake slowly thirty or forty minutes. Syrup forms dressing. When removed from pan invert pieces. May be

served with whipped cream. Serves eight people.

## DATE PUDDING WITH GRAHAM CRACKERS

- 2 dozen graham crackers (pulverized)
- 1 pound of dates chopped fine
- 1 cup of nuts chopped fine
- 24 marshmallows cut in small pieces
- 3 tablespoons of cream

With hands, mix ingredients into a loaf, using the cream for moistening. Put the loaf in a pan and set in the refrigerator over night. Serve with both hot vanilla sauce and whipped cream.

Besides being unusually delicious, the pudding has two other virtues—it can be made in 15 minutes, and it can be gotten ready the day before the busy hostess has her 1 o'clock luncheon.

## DATE BREAD CRUMB PUDDING

- $\frac{1}{2}$  cup bread crumbs (dried and rolled)
- 1 cup sugar
- 1 cup nuts
- $\frac{1}{2}$  package dates
- $\frac{1}{2}$  teaspoon baking powder
- 3 eggs beaten separately

Mix and sift sugar, bread crumbs and baking powder, then add dates, nuts and egg yolks (well beaten).

Fold in beaten egg whites and bake in hot oven for 20 minutes.

## DATE AND NUT LOAF

- 1 cup chopped dates
- 1 teaspoon soda
- 1 cup boiling water
- 1 tablespoon butter
- Pinch salt
- 1 teaspoon vanilla
- 1 cup sugar (brown or white)
- 1 egg
- 1 cup flour
- 1 teaspoon baking powder
- $\frac{1}{2}$  cup nut meats

Sprinkle soda over dates, add boiling water, butter and sugar; beat hard. Add beaten eggs and flour sifted with B.p. and salt. Add nuts and vanilla. Bake in 2 loaves in moderate oven.

## DATE SUET PUDDING

- 2 cups dates (chopped and rolled in flour)
- 1 cup raisins
- $\frac{1}{2}$  cup sugar
- 2 cups bread crumbs, rolled fine
- 1 cup flour
- 1 cup milk
- 1 cup suet (chopped)
- 2 eggs

- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons baking powder

Beat eggs and add milk, pour over bread crumbs to soak. Mix all together well. Run in well buttered cans such as coffee cans that can be covered with well fitting lid; set in steamer or large kettle of water and steam three hours, taking care that water does not boil away.

## HARD SAUCE FOR DATE PUDDING

- $\frac{1}{4}$  cup butter
- 2 cups powdered sugar
- 1 teaspoon vanilla
- 2 egg whites

Knead sugar and butter, adding sugar gradually. Beat whites of eggs stiff and add to creamed sugar and butter. Add vanilla, put in dish and sprinkle heavily with nutmeg. Let stand several hours before using.

## DATE PUDDING TARTE

- 2 eggs, well beaten
- 1 cup sugar
- $1\frac{1}{2}$  tablespoons flour
- 2 tablespoons milk
- 1 teaspoon baking powder

Mix well. Add 1 cup dates and 1 cup nuts. Put in pan and set in pan of hot water, baking slowly in oven 30 minutes. Serve with whipped cream.

## DATE PUDDING

- 1 cup nutmeats
- 1 cup dates, chopped
- 1 cup milk
- 4 tablespoons sugar
- $\frac{1}{4}$  teaspoon salt
- Nutmeg to taste
- 2 eggs
- 4 tablespoons flour

Cook in double boiler until well thickened then bake until browned. Serve with whipped cream.

## SAUCE FOR DATE PUDDING

- 1 cup brown sugar
- 1 tablespoon flour (level)
- 1 cup boiling water
- 1 tablespoon butter
- 1 teaspoon vanilla

Serve warm on date pudding topped with whipped cream.

## FOAMY SAUCE

- Cream together 2 tablespoons butter
- 1 cup powdered sugar
- 1 whole egg

When smooth add a speck of salt and 1 teaspoon vanilla. When ready to serve blend carefully with 1 cup whipped cream.

**DESSERT**

Boil one can sweet condensed milk for 2 hours. Let stand until cool. Keep in ice box until ready to serve, then open can and slice thin. Good on ice cream or puddings, etc.

**DEEP DISH BREAD PIE**

Top a deep pie plate filled with any sugared and lightly floured fruit, with one inch strips of bread buttered on both sides. Sprinkle sugar over the top. Bake covered until the fruit is done, then uncover to brown. Serve with pudding sauce or whipped cream. This is a delicious summer pie.

**FOOD FOR THE GODS**

Take two eggs beaten separately; to the yolks add one cup sugar, two tablespoons cracker crumbs, rolled one pound dates and one pound English walnuts, chopped. Fold in the whites lightly and bake in a long pan an hour in a moderate oven. Serve with whipped cream.

**FOOD FOR THE GODS**

3 eggs beaten, add  
1 cup brown sugar  
7 teaspoons of cracker crumbs  
2 heaping teaspoons of baking powder, add  
 $\frac{1}{2}$  cup of chopped nuts and  
 $\frac{3}{4}$  cup of dates

Bake in loaf pan as you would a cake. Serve with a sauce made of one cup brown sugar, one teaspoon flour, one cup of water, butter size of an egg. Let boil for a few minutes.

**FRUIT PUDDING**

1 cup sugar  
Butter, size of egg  
1 cup milk  
2 cups flour  
2 teaspoons baking powder  
 $1\frac{1}{2}$  pints fruit  
 $1\frac{1}{2}$  cups sugar  
3 cups boiling water

Mix 1 cup sugar, butter, milk, flour and baking powder. This batter should be stiffer than cake. The fruit (cherries, blackberries or peaches may be used) should be combined with the  $1\frac{1}{2}$  cups of sugar and hot water, then poured over batter. Bake 45 minutes. Will serve ten or twelve.

**FRUIT MARSHMALLOW**

1 tablespoon gelatine  
 $\frac{1}{4}$  cup cold water  
 $\frac{1}{2}$  cup fruit juice  
2 tablespoons lemon juice

$\frac{1}{3}$  cup sugar  
1 egg white  
 $\frac{1}{2}$  cup diced peaches  
 $\frac{1}{2}$  cup diced bananas  
1 cup whipped cream  
1 cup diced marshmallows

Soak gelatine in cold water 5 minutes. Heat fruit juice to boiling (any kind will do), and stir into the gelatine. Add lemon juice and sugar. When it begins to thicken, add the beaten egg white, marshmallows and fruit; fold in whipped cream, and blend thoroughly. Put in glasses and chill for one hour or longer. Serves six.

**GRANDMOTHER'S SUET PUDDING**

1 cup suet chopped fine  
1 cup raisins  
1 cup buttermilk  
1 cup sugar  
1 teaspoon soda

Add spices to suit taste. Steam 3 hours.

**GRAHAM PUDDING**

Mix in order:

1 egg, beaten  
 $\frac{1}{2}$  cup sweet milk  
 $\frac{3}{4}$  cup New Orleans molasses  
1 level teaspoon soda dissolved in  
1 tablespoons of hot water  
1 cup suet chopped fine  
 $1\frac{3}{4}$  cups sifted graham flour  
1 cup seeded raisins  
Few pieces candied orange peel  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon cloves

Steam slowly one hour.

**SAUCE**

To 1 pint of boiling water add

1 cup sugar  
1 tablespoon butter  
Pinch of salt  
1 tablespoon of corn starch dissolved in cold water

Boil until clear, when done add grated nutmeg and one teaspoon vinegar.

**GINGERBREAD UPSIDE-DOWN CAKE**

$1\frac{1}{2}$  tablespoons butter  
 $\frac{1}{2}$  cup molasses

Heat to boiling point, pour in pan. Arrange one can drained apricots and fill openings with raisins and chopped nuts.

3 tablespoons butter  
 $\frac{1}{2}$  cup sugar  
1 egg  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  cup boiling water  
 $1\frac{3}{4}$  cups flour  
 $\frac{1}{2}$  teaspoon soda  
1 teaspoon baking powder  
1 teaspoon ginger

- 1 teaspoon cinnamon
- $\frac{1}{4}$  teaspoon cloves
- $\frac{1}{4}$  teaspoon nutmeg

Cream the butter, sugar and egg well; sift dry ingredients and add alternately with combined molasses and hot water. Mix well, pour over prepared pan. Bake one hour (350° oven). Turn out while hot. Serve when cool with whipped cream. Use a 9-inch pan. A favorite winter dessert. Will make 16 servings.

### GRAPE FLUFF

- 1 cup grape juice
- 1 lb. marshmallows
- 1 cup whipped cream
- 1 cup English walnuts

Soak marshmallows cut in small pieces in the grape juice for two hours. Fold in the whipped cream and nuts. Serve on slices of uniced angel food cake.

### GRAHAM CRACKER ICE BOX CAKE

- 15 cents graham crackers (one box)
- $\frac{1}{4}$  lb. marshmallows
- 10 cent package dates, cut in quarters
- $\frac{1}{2}$  pt. heavy cream

Whip cream, add marshmallows, dates, pinch of salt, then add rolled crackers. Make in loaf and place in ice box until next day. Serve with whipped cream. This will serve eight.

### GRAHAM CRACKER PUDDING

- $1\frac{1}{2}$  cups rolled graham crackers
- 2 cups sugar
- 1 cup pecan meats
- 1 teaspoon baking powder

Mix above dry ingredients to well beaten yolks of 5 eggs. Lastly fold in lightly beaten whites. Bake in greased and floured pan in moderate oven about 30 minutes or until it shrinks from pan. Cut in pie shaped pieces and serve with whipped cream.

### HIGHAM PUDDING (Old English)

- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{4}$  cup butter
- 1 cup cold water
- 3 cups flour
- 1 cup raisins
- Level teaspoon of soda

Steam 3 hours.

### SAUCE

- 1 cup sugar
  - $\frac{1}{2}$  cup butter (melted)
  - 2 eggs
- All beaten together until creamy.

### ICE BOX PUDDING

- 1 lb. marshmallows
- 1 lb. graham crackers
- 1 cup black walnut meats.
- $\frac{1}{2}$  pint coffee cream

Cut marshmallows fine and put to soak in  $\frac{1}{2}$  pint of cream. Roll graham crackers fine like flour and stir in with nut meats until pudding is very thick. Flavor with vanilla. Set in ice box 24 hours. Slice and serve with whipped cream.

### ICE BOX PECAN SLICES

- $5\frac{1}{2}$  cups sifted flour
- 1 teaspoon soda
- 3 eggs, slightly beaten
- 2 cups sifted brown sugar
- 1 cup butter
- $\frac{1}{2}$  cup cocoa
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon clove
- 1 cup broken pecan nut meats
- Vanilla

Mix a little flour with nut meats. Sift remainder of flour and soda, cocoa, spices together three times. Rub sugar and butter together, beat in eggs, combine other ingredients. Shape in two rolls, wrap in oiled paper, chill over night. Slice in  $\frac{1}{4}$ -inch slices, bake 5 minutes in oven 425°F. Makes 60.

### ICE BOX CAKE

- $1\frac{1}{2}$  cakes sweet chocolate or
- $\frac{1}{2}$  cup cocoa
- 2 eggs
- 6 tablespoons boiling water
- 1 doz. lady fingers

Melt chocolate in boiling water. Beat sugar and egg yolks together and add to melted chocolate. When cool, add stiffly beaten egg whites. Put layer of split lady fingers in mold, cover with chocolate mixture. Add alternately ladyfingers and chocolate mixture in layers. Set in ice-box for 24 hours, turn out of mold and slice. Serve with whipped cream or ice cream.

### LONDON PUDDING

Ready long before the guests arrive

- 2 egg yolks
- $\frac{1}{2}$  cup shortening
- 1 cup confectioner's sugar
- 5 tablespoons strong coffee
- 1 teaspoon vanilla
- 18 lady fingers
- Whipped cream
- Nuts
- Cherries

Cream eggs, crisco and sugar together until thoroughly blended. Add coffee and vanilla. Place in a dish or pan a layer of lady fingers then the sauce. Alternate until all material is used. Let stand sev-



eral hours in the refrigerator. Serve with whipped cream with nuts and cherries for garnishing.

### LOG CABIN ICE BOX PUDDING

1 cup vanilla wafer crumbs

$\frac{1}{2}$  cup nuts

$\frac{1}{2}$  envelope gelatine

$\frac{1}{2}$  cup hot milk

$\frac{1}{2}$  cup maple syrup

$\frac{1}{2}$  pint whipped cream

Soak gelatine in 3 tablespoons cold water. Scald milk and add to gelatine. Whip cream, add syrup and gelatine mixture. Will serve six generously.

### LEMON PUDDING

$1\frac{1}{2}$  cups sugar

$\frac{1}{2}$  cup milk

2 teaspoons baking powder

Small piece butter

Flour to make stiff batter

Sauce

$2\frac{1}{2}$  cups boiling water

1 lemon, juice and grated rind

1 cup sugar

Butter size of walnut

Prepare sauce and drop the batter in by spoon fulls. Bake in a moderate oven.

### LEMON CREAM RICE

One half cupful rice washed and drained put in double boiler, add three cupfuls of sweet milk and cook until rice is soft. Add one half cup of sugar, the grated rind of three fourths of lemon, one and one third tablespoon of lemon juice three fourths of a teaspoon of salt, and yolks of two eggs, slightly beaten. Cook five minutes, turn into a slightly buttered pudding dish and cool. Beat whites of two eggs until stiff and add two tablespoonsful of powdered sugar gradually, while beating constantly then add one fourth teaspoonful of lemon extract. Spread top of pudding with mixture and bake to brown meringue. Serves six or eight.

### LEMON GELATINE PUDDING

4 teaspoons gelatine

3 lemons juices and rind

2 cups sugar

6 eggs

1 teaspoon vanilla

Dissolve gelatine in cold water. Mix sugar, egg yolks, and lemons. Heat in double boiler to boiling point add gelatine. Cool then add candied cherries, blanched almonds and candied pineapple. All cut fine.

### LEMON ICE BOX CAKE

Place in double boiler the well beaten yolks of three eggs  $\frac{1}{4}$  cup granulated sugar,  $2\frac{1}{2}$  tablespoons flour,  $\frac{1}{4}$  cup milk. Cook slowly stirring constantly till thick and smooth, remove from fire and add juice of one lemon with small amount of grated rind; then cool. Cream together one cup confectioners sugar,  $\frac{1}{2}$  cup butter and add to egg mixture, then fold in beaten whites of eggs.

Line a mold with lady fingers, then pour filling over them and set in refrigerator for about 12 hours. Serve with whipped cream. This serves 8 people.

### LEMON SOUFFLE

1 cup sugar

1 tablespoon butter

1 lemon, juice and grated rind

1 cup sweet milk

3 eggs, beaten separately

1 tablespoon flour, heaping

Cream butter and sugar, add flour, yolks of eggs, lemon, and lastly the whites of eggs. Bake in a pan of hot water from 40 to 60 minutes.

### MARSHMALLOW ROLL

1 cup dates cut fine

1 cup marshmallows cut fine

2 cups graham crackers crushed

$\frac{1}{4}$  cup walnuts

Use milk or cream to form loaf. Roll in powdered sugar, then wrap in oil paper and place in ice box 8 to 10 hours or over night. Slice and serve with whipped cream or caramel sauce.

### MAPLE NUT JELLO

1 cup Maple Syrup

1 cup water

1 cup thick cream

1 tablespoon gelatine

1 egg white

Pecan Nuts

Soak the gelatine in the cup of cold water. Bring the syrup to a boil then add it to the water and gelatine, when starts to set add the whipped cream and beaten white of egg and nuts, set away to harden. Serve with whipped cream.

### MOSCOVITE PUDDING

1 pt. cream, whipped

$\frac{1}{2}$  cup sugar

$\frac{1}{4}$  lb. almonds

$1\frac{1}{2}$  doz. marshmallows

- 1½ doz. candied cherries
- 1 doz. macaroons
- 1 tablespoon gelatine

Dissolve gelatine in ¼ cup cold water. Add ¼ cup hot water. When cool mix with cream, the chopped fruit, nuts, marshmallows and macaroons. Mold.

### MOLASSES PUDDING

- 1 cup molasses
- ¼ cup butter
- 1 cup sweet milk
- 2 cups flour
- 1 teaspoon soda (small)
- Spice to taste, steam 1 hour.

### SAUCE FOR PUDDING

- 1 cup sugar
- ½ cup butter
- 1 egg

Cream all together, flavor just before serving. Add 3 or 4 tablespoons of boiling water. Eight to ten servings.

### ORANGE GELATINE

- 1 envelope gelatine
- ½ cup cold water
- 2 cups orange juice
- 1 lemon
- 1 cup sugar
- 1 cup boiling water

Dissolve gelatine in cold water. When softened add boiling water, fruit juices and sugar. Pour into molds and serve with whipped cream. This will serve 8.

### ORANGE FLUFF

- 4 egg yolks
- ¾ cup orange juice
- 1 orange rind, grated
- 2 tablespoons hot water
- 1 tablespoon flour
- 6 tablespoons sugar
- 1 lemon rind, grated
- Juice of 1 lemon
- 3 egg whites
- Lady fingers

Beat egg yolks with the sugar and flour. Add orange juice and grated rind, lemon juice and grated rind and hot water. Cook in double boiler until mixture thickens, stirring constantly. Beat egg whites stiff and fold into first mixture. Chill. Line sherbet glasses with lady fingers, fill with orange mixture and serve topped with whipped cream.

### ORANGE PUDDING

- 3 eggs
- 1 cup sugar

- 2 cups milk
- 3 teaspoons corn starch
- 2 oranges
- ½ teaspoon lemon flavoring

Beat the egg yolks, add ¾ cup sugar, corn starch and milk. Cook in double boiler until thick. Add ½ cup sugar to the beaten whites, fold in custard. When cool add flavoring and oranges cut in small pieces.

### PINEAPPLE ICE BOX CAKE

- ½ cup butter
- 2 cups powdered sugar
- 3 eggs
- ½ cup grated pineapple
- 1 teaspoon lemon juice
- ½ cup heavy cream
- Lady fingers

Cream butter until very light. Add sugar gradually and beat thoroughly. Add egg yolks that have been beaten very light and thoroughly blend all ingredients. Drain pineapple, add lemon juice and add to first mixture. Beat cream and white of egg separately, fold together, then fold into first mixture. Line a mold with lady fingers, cover with layer of the filling, repeat until material is all used. Let stand in refrigerator at least two hours. Unmold and serve with sweetened and flavored whipped cream.

### PINEAPPLE ICE BOX PUDDING

- 1 lb. vanilla wafers
- 1 can crushed pineapple
- 1 cube butter
- 4 egg yolks
- 1 cup English walnuts

Cream butter and sugar. Add egg yolks, pineapple and English walnuts. Roll vanilla wafers real fine. Line pan with oil paper, put in layer of vanilla wafers, then layer of pineapple mixture alternately, having vanilla wafers on top and bottom. Let stand in ice box 24 hours, turn upside down and serve with whipped cream. Serves 12.

### KRACKED WHEAT PUDDING

- 1 cup raisins
- 2 cups cooked Klean Kracked Wheat
- ¼ cup butter
- 4 eggs
- ½ cup milk
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon flour
- 1 teaspoon baking powder

Bake one hour in moderate oven. Serve with cream.

**COTTAGE PLUM PUDDING**

Put following in sauce pan and boil three minutes.

- 1 cup brown sugar
- 1 cup water
- 1 cup seeded raisins
- 1 cup seedless raisins
- ½ cup shortening
- 1 teaspoon nutmeg (level)
- 1 teaspoon cloves
- 1 teaspoon cinnamon
- ½ teaspoon salt

When cold add

- 1 teaspoon soda dissolved in ¼ cup water
- 1 teaspoon baking powder in 2 cups sifted flour
- ¾ cup nuts optional

This boil in three 1 pound greased baking powder cans. Boil 2½ hours.

**PUDDING SAUCE**

Cream

- 4 tablespoons butter
- 2 tablespoons orange juice
- Grated rind of 1 orange
- 2 cups powdered sugar

Then stir in

- 1 egg white unbeaten

This sauce may be made the day before.

**PINEAPPLE DELIGHT**

- ½ pint whipped cream
- 1 small can grated pineapple
- ½ pound marshmallows, cut fine with scissors dipped in hot water
- ½ cup broken English walnuts

Drain juice of pineapple, add to juice, two tablespoons flour and three tablespoons sugar, cook in double boiler till thick. Pour this over pineapple, marshmallows and nuts. Set aside till cool. Two hours before serving fold in whipped cream. Will serve six people.

**PEACH UPSIDE-DOWN CAKE**

Batter

- ½ cup fat
  - 1 cup sugar
  - 2 egg yolks
  - 1 teaspoon vanilla
  - 1 teaspoon lemon
  - 1 teaspoon salt
  - ¾ cup water
  - 2 cups flour
  - 3 teaspoons baking powder
  - 2 egg whites, beaten stiff
  - Peach mixture
  - 4 tablespoons butter
  - ¾ cups light brown sugar
  - ¼ cup peach juice
  - 1 teaspoon cinnamon
  - 2 cups peaches, sliced or halved
- Mix the batter, creaming fat and sugar,

adding other ingredients as for cake. Melt the butter in frying pan, slowly, add brown sugar, when beginning to melt, put in peach juice, boil 1 minute. Add the peaches, sprinkle with cinnamon, pour batter over the top and bake in a moderately hot oven.

**PEACH ROLL**

- 1 cup flour
  - 2 teaspoons baking powder
  - Pinch of salt
  - Lard size of egg
  - ¾ cup milk and water, half and half
- Make up like biscuit dough and roll out ½ inch thick. Peel and slice fresh peaches and roll up in dough. Make thin syrup 1 cup sugar, ½ cup water, butter size of egg. Pour over the peach roll and bake in slow oven.

**PARADISE PUDDING**

- 1 package lemon jello
  - 1 pint boiling water
  - ½ cup almonds, blanched and chopped
  - 12 marshmallows, fine cut
  - 12 maraschino cherries, coarsely cut
  - 6 macaroons, crumbled
  - 4 tablespoons sugar
  - ¼ teaspoon salt
  - 1 cup cream, whipped
- Dissolve jello in boiling water. Chill. When slightly thickened, beat with egg beater until consistency of whipped cream. Combine nuts, marshmallows, cherries, macaroons, salt and sugar. Add them to jello, fold in cream: turn into loaf pan and chill until firm.

**PEACH SHORT CAKE**

- 2½ cups sifted flour
- 5 teaspoons baking powder
- ½ teaspoon salt
- 4 tablespoons butter or other shortening
- 8 fresh peaches

**UPSIDE-DOWN PINEAPPLE CAKE**

- 1 cup brown sugar
  - 3 tablespoons butter
- Melt butter in skillet, add sugar and melt. Add enough slices of pineapple to fill skillet. Simmer well and cover with the following cake batter.
- 3 egg yolks
  - 1 cup white sugar
  - 1 cup flour
  - 1 teaspoon baking powder
  - ½ cup water
  - 3 egg whites
- Beat egg yolks, add sugar, beat well,

add sifted flour and baking powder, water, and then the stiffly beaten egg whites. Bake 35 minutes in slow oven.

### TAPIOCA-PRUNE PUDDING

- 30 seeded prunes
- ½ cup Pearl Tapioca
- 1 cup sugar
- 1 teaspoon vanilla
- ½ teaspoon almond flavoring
- 1 cup English walnuts

Wash prunes carefully. Soak over night in 2 cups of water. Wash tapioca and soak over night in enough water to cover. Drain prunes, saving the liquor, to which add enough water to make 4 cups of liquid. Drain water from tapioca through a cheese cloth. Chop prunes fine and add prunes and tapioca to liquid. Add cup of sugar and stir well before cooking in double boiler. Cook 50 minutes, beat well, add flavoring and a cup of English walnuts, cut in small pieces. Pour into dish to cool. Serve with whipped cream. Will keep well in ice-box. Serves 12.

### CHRISTMAS PLUM PUDDING

- 2 tablespoons gelatine
- 1½ square chocolate (or equiv. cocoa)
- 2 egg whites
- Few grains salt
- ½ cup cold water
- 2 cups milk
- 1 cup seeded raisins
- ½ cup currants
- ¾ cup dates
- ½ cup nut meats
- ½ teaspoon vanilla
- 1 cup sugar

Soak gelatine in cold water 5 minutes. Put milk with fruit in double boiler. When hot, add chocolate which has been melted with part of sugar and a little milk, making smooth paste. Add soaked gelatine, sugar and salt. Remove from fire and when mixture begins to stiffen, add vanilla, chopped nut meats and lastly whites of eggs beaten very stiff. Turn into wet mold decorated with whole nut meats and raisins. Chill. Garnish with holly. Serve with whipped cream or currant jelly sauce.

### RICE DAINTY

- ½ cup cooked rice, every grain distinct
- ½ cup pieces of pineapple
- ½ cup sugar
- ½ cup cream beaten stiff

Mix the rice sugar and pineapple, fold in the cream. Serve in glasses. Double receipt for four. Serves two.

### SUET PUDDING

- 1 cup brown sugar
- 1 cup chopped suet
- 1 cup sweet milk
- 1 teaspoon cinnamon
- ½ teaspoon cloves (ground)
- ½ teaspoon salt
- 1 cup raisins
- ½ cup English walnuts
- ½ cup any kind of preserves or canned fruit
- 2½ cups flour
- 3 teaspoons baking powder

Mix all together, add ½ teaspoon soda dissolved in warm water. Place in one lb. baking powder cans and steam 2 hours. Serve with hard sauce, topped with whipped cream.

### SUET PUDDING

- 2 cups nice suet cut very fine
- 2 cups flour measured after sifting
- 2 teaspoons salt
- 1 teaspoon pepper

Mix all ingredients thoroughly. Pack tightly in small bag made from old muslin, twist top and tie. Plunge into boiling water, boil one hour. When cool, will keep indefinitely in a cool place. When wanted, place in boiling water for ten minutes; slit sack, turning pudding onto a pie tin; place in hot oven for seven or eight minutes. Serve piping hot.

### STEAMED STRAWBERRY DUMPLINGS

- 1 cup flour
- 1 teaspoon baking powder
- Pinch salt
- ½ cup sugar
- 1 tablespoon melted butter
- ½ cup milk
- 1 egg
- Nutmeg

Steam in custard cups. Serve with crushed and sweetened berries. Serves 6.

### STRAWBERRY FLUFF

- 1 cup strawberries
- 1¼ cup sugar (granulated)
- 1 egg white

Beat 30 or 40 minutes until it will stand alone on cake. Bake a plain cake and serve as pudding or cool the cake and use as frosting.

### STEAMED SUET PUDDING

- 2 eggs
- 2 cups chopped suet
- 1 cup dark New Orleans syrup

1 cup sour milk  
1 teaspoon soda  
Pinch of Salt  
2 cups seeded raisins  
Enough flour to make stiff batter  
Steam about three hours.

#### SAUCE FOR PUDDING

2 cups sugar  
 $\frac{3}{4}$  cup butter  
 $\frac{1}{3}$  cup flour  
Cream all together and pour boiling water to make a cream, let boil 3 or 4 minutes.

#### GRAPE SPONGE

$1\frac{1}{2}$  cups grape juice  
1 envelope gelatine  
 $\frac{1}{2}$  cup cold water  
1 cup sugar  
1 lemon  
4 egg whites

Dissolve gelatine in cold water. Combine fruit juices and sugar. Dissolve gelatine over boiling water. Add juices, stir well and strain. Place on ice, when partially set, add beaten whites. Run into molds and serve with whipped cream. This will serve 10.

#### STRAWBERRY SPONGE

To one box of lemon jello add  $\frac{1}{2}$  pint boiling water, while still hot add 6 chopped marshmallows. When jello hardens slightly whip to a cream, then add 1 pint of crushed and sweetened strawberries (which have been allowed to stand in sugar 20 minutes). Put in a cold place to harden. Serve in sherbet glasses and cover with whipped cream, topped with a strawberry.

#### A GOOD SHORTCAKE

1 cup flour  
 $\frac{1}{2}$  teaspoon salt  
2 teaspoons baking powder  
3 tablespoons sugar, all sifted together  
3 tablespoons butter, melted and added to  
 $\frac{1}{2}$  cup milk

Pour into dry mixture, stirring well. Bake in one pan and split, add berries, and serve warm.

#### BROWN TAPIOCA PUDDING

$\frac{2}{3}$  cup pearl tapioca  
5 cups water, soak over night  
Add 3 cups brown sugar

1 cup nut meats, cut, not chopped

Bake one hour or over in moderate oven, stir often. Serve cold with whipped cream. This makes about 14 servings.

#### SAILOR DUFF PUDDING

1 egg  
1 cup maple syrup  
1 level teaspoon nutmeg  
2 tablespoons granulated sugar  
1 teaspoon melted butter  
1 teaspoon melted lard  
1 level teaspoon soda  
1 level teaspoon baking powder  
Beat well and add  $\frac{1}{2}$  cup boiling water  
Steam from 1 to  $1\frac{1}{2}$  hours.

#### SAUCE

1 well beaten egg  
 $\frac{1}{2}$  cup sugar  
1 pint cream, whipped  
Season as desired.

#### A WONDERFUL PUDDING

4 cups sweet milk, scalded  
Add  $\frac{1}{2}$  cup caramelized sugar  
2 cups soft bread crumbs  
Let stand thirty minutes  
Beat 2 eggs and  
 $\frac{2}{3}$  cup of sugar  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon vanilla

Add to hot milk and crumbs and put in buttered pudding pan, bake one hour in a slow oven. Use caramelized sugar, flour, butter and water. Make a plain sauce as usual and use caramelized sugar to flavor.

#### ZWIEBACK TARTE

8 oz. package zwieback  
 $\frac{1}{4}$  lb. butter  
1 cup sugar  
 $\frac{1}{8}$  teaspoon cinnamon

#### MERINGUE

3 egg whites  
3 tablespoons sugar  
 $\frac{1}{2}$  teaspoon baking powder

#### CUSTARD

1 pint milk  
 $\frac{1}{2}$  cup sugar  
Pinch of salt  
3 egg yolks, beaten  
2 tablespoons corn starch  
1 teaspoon vanilla

Grate or roll zwieback, melt butter, and mix together with sugar and cinna-

mon. Line sides and bottom of spring form with mixture, save one cupful for top. Have it a bit warm and it will stay on better. Combine ingredients for custard in double boiler. Cook until thick. When cool, pour in zwieback lined pan. Make meringue by beating egg whites until frothy. Add baking powder, then sugar, continue beating 15 minutes until syrupy. Spread on custard, sprinkle remainder of zwieback mixture on top. Bake in slow oven  $\frac{1}{2}$  hour ( $275^{\circ}$ ). Leave in pan until cold.

### ZWIEBACK PUDDING

1 box zwieback

$\frac{2}{3}$  cup sugar

1 teaspoon cinnamon

$\frac{1}{4}$  cup butter

Grind zwieback, mix with sugar, butter and cinnamon. Spread a little more than half the mixture in a greased pan and bake ten minutes. Make a custard of 3 egg yolks, 1 pint milk and a scant cup of sugar. Add 1 teaspoon vanilla. When cool add a small can grated pineapple. Spread over baked zwieback. Then put on a meringue of three egg whites and sprinkle the remainder of zwieback mixture over top and bake ten minutes. Serve with whipped cream.

## Frozen Desserts

*"An't please your honor, quote the peasant*

*This same dessert is very pleasant."*

### APRICOT ICE

- 1 can apricots
- 5 oranges
- 2 lemons
- 1 qt. and 1 cup sugar
- 1 qt. water
- 4 egg whites
- 1 pt. cream

Press the fruits through sieve and potato ricer. Boil sugar and water to syrup then add 1 level tablespoon gelatine which has been soaked in cold water. Cool the syrup then add the fruit and the stiffly beaten whites of eggs.

After the mixture is slightly frozen, add the cream and freeze until almost solid.

Remove the dasher and pack well.  
Quantity one gallon.

### APRICOT SHERBET

- Mix 1 cookspoonful of flour into
- 3 cups sugar
- Add  $\frac{1}{2}$  cup water
- Cook until it threads. Pour this over the well beaten whites of 3 eggs.
- Beat this well.
- Add juice of 3 lemons
- 1 qt. can apricots (first mash apricots through a sieve)
- Add 1 quart water
- Freeze this. When beginning to freeze add 1 cup of cream.

### APRICOT SHERBET

- 1 can apricots (strain)
- $1\frac{1}{2}$  cups sugar
- $\frac{1}{4}$  cup lemon juice
- 2 cups water
- 1 pint whipped cream
- Heat sugar and 1 cup water until dissolved. Add second cup of water. Strain lemon juice into sugar and water. Combine all. Freeze.

### COFFEE PARFAIT

- 1 cup sugar
- 1 cup water
- 3 egg whites
- 1 cup strong coffee
- 2 cups whipped cream

Cook the sugar and water till they form a thick syrup; beat the whites of the eggs and pour the boiling syrup over them. Cool, add the coffee and when quite cold, the whipped cream. Mix all well and put the mixture into a mold, cover very closely, and bury in ice and salt for several hours.

### DATE ROLL

- 1 box graham crackers
- 1 package dates
- 1 lb. marshmallows
- $\frac{1}{2}$  cup nuts
- $\frac{1}{2}$  pint whipped cream
- Roll crackers fine, pour out 1 cup crumbs. Chop nuts and dates. Cut marshmallows in quarters. Whip cream until stiff, add nuts, marshmallows, dates and cracker crumbs.
- Form in roll, then roll in 1 cup cracker crumbs, wrap in oil paper, place in ice box 24 hours. Slice and serve with whipped cream on top.

### DELICIOUS ICE CREAM

- Three Quarts
- $2\frac{1}{2}$  quarts milk (part cream)
- 2 tablespoons flour
- 5 eggs
- 2 cups sugar
- Flavoring or fruit

Two tablespoons of flour dissolved in cold water until smooth. Heat 2 quarts milk to scald, then gradually stir in flour and water. Beat yolks of 5 eggs in  $\frac{1}{2}$  quart cold milk, add to above. Add two cups of sugar. When cold, mix in beaten whites of 5 eggs. When nearly frozen, add fruit or flavoring as desired.

**FROZEN CHEESE PUDDING**

- 2 egg yolks
- 1 cup sugar
- 1 pint scalded milk
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{2}$  lb. of cottage cheese
- 2 cups evaporated milk

Whip the egg yolks thoroughly, and beat the sugar in gradually. Add the (fresh) scalded milk and cook in double boiler until thickened. Cool. Put cheese through food chopper using finest knife. Mix with the evaporated milk, stirring in the vanilla then blend with the custard. Freeze to the consistency of ice cream.

**FROZEN CUSTARD—FRENCH ICE CREAM**

- 1 cup milk
- 6 tablespoons sugar
- 1 egg
- Pinch of salt
- 1 cup thin cream
- $\frac{1}{2}$  tablespoon vanilla

Make soft steam custard of milk, sugar and egg. Cool, add salt, vanilla and cream. Freeze.

**FROZEN DAINTY**

- Juice of 3 lemons
- Juice of 3 oranges
- 3 bananas
- 3 egg whites (beaten light)
- 3 cups sugar
- 3 cups water

Combine all. Beaten whites of eggs last. Freeze.

**FROZEN DANTIES**

Ice cubes made in Electric Refrigerators are wonderfully decorative (served in any way) by coloring the water with any good vegetable color or fruit juice, a cherry may be placed in the center of the cube by freezing one-half of cube then place cherry, flower or any decoration desired, the first half or second half of the water may be colored if desired. Then add the second half of the water to make the desired size of the cube.

**FROZEN PUDDING**

- 1 pint milk
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup flour
- 1 egg
- Pinch salt

Cook and add  $\frac{1}{2}$  pint cream whipped

Any flavor. Nuts or fruit may be added. Put in baking powder cans pack in ice and salt four hours.

**GRAPE NUT ICE CREAM**

- 1 can condensed milk (10c)
- 1 dozen marshmallows
- $\frac{1}{4}$  cup grape nuts
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup powdered sugar

Put milk in double boiler and heat sufficiently to melt the marshmallows. Stir with egg beater until melted and add water and grape nuts and one-fourth cup powdered sugar. Put in pan of frigidare for four hours stirring once or twice while freezing.

**HOME MADE ICE CREAM (uncooked)**

- 1 quart milk
- 1 pint heavy cream
- 3 eggs
- $\frac{1}{2}$  cup sugar syrup
- Vanilla to taste

Separate eggs and beat, add yolks to milk, cream, syrup and flavoring, start to freeze, adding beaten whites when contents start to stick to freezer. Will make almost a gallon when frozen.

**ICE CREAM****Electric Refrigerator**

- 1 pint heavy cream
- $\frac{1}{2}$  cup sugar
- 2 eggs
- Flavoring

Whip cream stiff, fold in sugar, beat egg whites stiff. Mix white and yolk and combine with cream and sugar. Makes  $1\frac{1}{2}$  quarts. Freezes in about 4 hours.

**ICE CREAM****(Electric Refrigerator)**

- 1 pint light cream or heavy cream
- 1 pint milk



**2 pounds marshmallows**

**Flavoring**

Heat milk and dissolve marshmallows, let cool, add cream and flavoring and freeze in frigidaire tray. Freezes in about four hours.

### LEMON ICE

Juice of two lemons, one pint of sugar. Let stand a while; add one quart of milk and freeze. Freeze quickly after pouring milk over lemon and sugar.

### LEMON MILK SHERBET

**Chill**

**1 quart milk**

**1 cup cream**

Add juice of 3 lemons and juice of 1 orange, and  $1\frac{1}{2}$  cups sugar and 1 small bottle of Maraschino cherries, cut finely Freeze.

The amount of fruits may be reversed for Orange Sherbet.

### MAPLE ICE CREAM

Beat the yolks of 4 eggs until light; add 1 cup of milk and  $1\frac{1}{2}$  cups of maple syrup; Cook over hot water, stirring constantly until the mixture thickens. Then pour it over the stiffly beaten whites of eggs and cool. When cold add 3 cups of cream, and more syrup if liked very sweet and freeze.

### MIXED FRUIT ICE

**3 oranges**

**3 lemons**

**3 bananas**

**1 cup apricots**

**3 cups sugar**

**3 cups water**

Put bananas, apricots and oranges through sieve. Cook all ingredients together for 10 minutes, cool and freeze. Serves 24 people.

### LEMON MILK SHERBET

**1 quart fresh milk**

**2 cups sugar**

Freeze until nearly done. Add juice of 3 lemons and freeze hard.

### MILK SHERBET

**1 quart milk**

**$1\frac{1}{2}$  cups sugar**

**Grated rind of lemon**

**and juice of two**

Add the sugar to the milk and stir till dissolved, turn into the freezer till just beginning to set; then add the juice and rind of the lemons, and finish freezing.

### ORANGE ICE CREAM

**2 oranges**

**2 lemons**

**2 cups sugar**

**3 egg yolks**

**1 pint cream**

**1 tablespoon flour**

**1 teaspoon butter**

**Pinch of salt**

Place milk on stove and let just come to a boil. Have ready the salt, sugar, eggs and flour. Mix these ingredients with 3 tablespoons of cold milk. Pour hot milk over this mixture, return to the fire and cook thoroughly, stirring all the while. Allow to cool. Add the grated rind of one lemon and one orange and the juice of the oranges and lemons. Add cream and freeze.

### PINEAPPLE MOUSSE

**2 cups canned pineapple and juice**

**$\frac{3}{4}$  cup sugar**

**2 tablespoons cold water**

**2 tablespoons lemon juice**

**2 teaspoons gelatine**

**2 cups cream (heavy)**

Heat pineapple to boiling and add sugar lemon juice and gelatine which has soaked 5 minutes in 2 tablespoons of cold water. Cool and when mixture becomes thick and is beginning to congeal fold in stiffly beaten cream. Pour into refrigerator pans and freeze without stirring Serves 8.

### DELICIOUS PINEAPPLE SHERBET

**1 small can shredded pineapple**

**Juice of 2 lemons and 1 orange**

**1 pint sugar boiled in a little water to make a thick syrup**

Pour over beaten whites of 2 eggs and beat until creamy. Add pineapple, lemon and orange juice and enough water to make 2 quarts.

**REFRESHING SHERBET**

1 cup sugar  
 2 cups boiling water, boil 6 minutes  
 Add two teaspoons gelatine softened in  
 1 tablespoon cold water, let cool  
 Add 1 pint grape or orange juice  
 ½ pint lemon juice

Put in electric ice box till it commences to freeze. Take out of drawer, put in bowl and beat well, replace in drawer freezing, stirring occasionally loosening sides. Takes about 3 hours. Delicious and refreshing.

**THREE RULE SHERBET**

3 oranges  
 3 bananas  
 3 lemons  
 3 cups sugar  
 3 cups water

Mash bananas very fine, squeeze juice and pulp of lemons and oranges, mix well and freeze. Is better if allowed to stand two hours before serving.

**UNCOOKED ICE CREAM**

3 cups sugar  
 4 eggs

Creamed together and beaten until thick and foaming. Then add:

3 pints milk  
 1 pint cream  
 Flavor as desired

Freeze in usual way. Makes 1 gallon delicious ice cream.

**VANILLA ICE CREAM**

1 quart milk  
 1 cup sugar  
 2 tablespoons flour (scant)  
 2 eggs  
 1 tablespoon vanilla  
 1 quart cream

Let the milk come to a boil. Beat sugar, flour and eggs together and stir into boiling milk. Cook until thick. Set away to cool. Add cream another cup of sugar and vanilla. Freeze.

**ELECTRIC REFRIGERATOR  
VANILLA ICE CREAM**

1 cup heavy cream  
 1 teaspoon gelatine

2 tablespoons cold water  
 1 cup milk  
 ½ cup sugar  
 Few grains salt  
 2 teaspoons vanilla

Soak gelatine in water a few minutes. Place cup in a pan of hot water till gelatine is dissolved. Mix with milk not too cold, add sugar. Place in electric refrigerator until it begins to freeze. Remove and beat well, then mix with one cup heavy cream, whipped, and vanilla and freeze, stirring several times while freezing. 1 cup of fruit may be used.

**REFRIGERATOR PEACH PIE**

Peel and cut in small pieces enough fresh peaches to make one pint when cooked, add ½ cup sugar, 1 pinch salt, sufficient amount of water to cook gently for about 10 minutes. Remove from stove and add 1 tablespoon gelatine which has been soaked in 2 tablespoons cold water for 5 minutes. Cool and chill in refrigerator until it begins to set. Pour into baked pastry shell and return to the refrigerator. When firm and ready to serve top with 1 cup whipped cream sweetened and flavored. Canned peaches or other fruit may be used.

**SIMPLE ORANGE PUDDING**

Juice of one orange and one lemon and some grated rind of each

1 cup sugar  
 1 cup water

Put on to cook.

Dissolve 2 level tablespoons cornstarch in a little cold water and stir in the above mixture.

Let boil till clear. Remove from the fire and stir in stiffly beaten white of two eggs. May be served with whipped cream.

**GINGER SHERBET**

4 lemons  
 1 pint sugar  
 1 quart boiling water  
 4 ounces ginger

Shave off the peeling from two lemons in thin wafer-like parings being careful to take none of the light colored rind. Put the parings into a bowl, add the boiling water and let stand ten minutes. Add the 4 oz. of ginger cut in fine pieces—steep with lemon. Squeeze juice from remaining two lemons, add sugar and water and freeze.

## Sandwiches

*A little of bread  
A little of meat  
A few condiments  
To make a rare treat.—E. T. H.*

### SANDWICHES

In preparing bread for sandwiches, cut slices as thinly as possible, and remove crusts. If butter is used, cream the butter, and spread bread before cutting from loaf. Spread half the slices with mixture to be used for filling, cover with remaining pieces, and cut in squares, oblong, or triangles. If sandwiches are shaped with round or fancy cutters, bread should be shaped before spreading, that there may be no waste of butter. Bread for sandwiches cuts better when a day old.

### ROLLED BREAD

Cut fresh bread, while still warm, in as thin slices as possible, using a very sharp knife. Spread evenly with butter which has been creamed. Roll slices separately, and tie each with baby ribbon.

### CHEESE PASTE FOR SANDWICHES

1 cup grated cheese  
½ cup milk  
2 eggs  
1 level teaspoon salt  
1 level teaspoon mustard  
1 10c can pimentoes  
Butter size of an egg

Place butter in double boiler and when melted add milk. When heated add salt and mustard which has been well pulverized. Then add cheese and stir constantly until the cheese is of creamy consistency. Beat eggs well and add stirring until it pours like thick custard. Take from fire and beat. When cool add pimentoes. Cut very fine. May be kept for days.

### CHEESE RELISH

1 lb. sharp cheese  
2 large onions  
3 white celery stocks

1 green pepper  
3 small carrots  
Small can pimentoes

Grind together and add a small bottle of German mustard, small cayenne pepper, about 6 crackers (crumbed) and all juice from pimentoes.

Makes a nice sandwich spread.

### CLUB SANDWICH

Cut large size of sandwich bread in ¼ inch slices; remove crusts, toast lightly and spread with mayonnaise; set two slices of the breast of chicken over 1 slice, cover with thin slices of broiled bacon and lettuce leaves, spread with a little of the dressing. Set above a second slice of the toast, spread on both sides with mayonnaise, cover top side with chicken, bacon and lettuce leaves spread with mayonnaise, finish with a third slice of toast and cut diagonally across. Garnish with a slice of tomato and sliced dill pickle. Serve with coffee.

### CHOPPED HAM SANDWICHES

Finely chop cold boiled ham, and moisten with sauce tartare. Spread between thin slices of butter bread and prepare as other sandwiches.

### CHECKER-BOARD SANDWICHES

Steam brown bread in a two quart brick shaped ice cream mould. Cut 3 slices each of white bread and brown bread ½ inch in thickness. Spread a slice of white bread with creamed butter, place a slice of brown bread on it; spread this with creamed butter and cover it with a slice of white bread; repeat process, beginning with brown bread. Put both piles in a cold place under a light weight and let stand until

butter is harder. Then trim evenly and cut each pile in  $3\frac{1}{2}$ -inch slices. Spread these with cream butter, put together in such a manner that a white block will alternate with a brown one. Set again in a cool place under a light weight until butter is perfectly firm. Then cut in triangles and dispose in a sandwich basket.

### SANDWICH SPREAD

1 cup ground boiled ham  
1 cup English walnuts  
 $\frac{1}{2}$  cup raisins  
1 tablespoon peanut butter

Mix thoroughly and thin with rich cream. Use leaf of lettuce in each sandwich.

### HOT TOASTED CHEESE SANDWICHES

Cut white bread in thin slices, toast lightly on one side, cover untoasted side with thin slices of mild soft cheese, sprinkle with salt, few grains of cayenne and paprika. Set into the oven long enough to melt the cheese. Serve open on individual plates with head lettuce dressed with Thousand Island dressing and coffee.

### TOASTED SALAD SANDWICHES

Make a cream cheese and moisten with French dressing. Cut graham bread in  $\frac{1}{4}$ -inch slices. Spread with cheese mixture, and sprinkle with chopped pecan nut meats. Put together in pairs, remove crusts, and cut in finger shaped pieces. Toast, pile log cabin fashion on a fancy plate, and serve as an accompaniment to a dinner salad.

### TASTY SANDWICHES

1 cup sweet pickles  
 $\frac{1}{2}$  cup N. Y. Cheese  
 $\frac{2}{3}$  cup peanuts  
3 pimentoes

Grind all together and add juice of one lemon, mix with salad dressing made as follows:

2 tablespoons flour  
2 tablespoons butter  
1 teaspoon salt

4 teaspoons sugar  
2 teaspoons mustard  
 $\frac{1}{8}$  teaspoon pepper  
 $1\frac{1}{2}$  cups hot water  
 $\frac{1}{3}$  cup vinegar  
2 eggs

Mix dry ingredients, add egg and butter and pour into liquids. Do not allow to boil. Let cool before adding to pickle mixture.

The above salad dressing combined with boiled ham makes a very nice sandwich spread. The ham should be ground fine.

### VEAL, EGG AND CELERY SANDWICHES

1 cup cold roast veal  
3 hard boiled eggs, chopped  
 $\frac{1}{2}$  cup finely chopped celery

Put all together and season with salt, pepper and onion juice. Moisten with mayonnaise dressing. And prepare as other sandwiches.

### PINEAPPLE AND CREAM CHEESE FILLING

1 large cream cheese mash  
 $\frac{1}{2}$  cup cream (whipped)  
 $\frac{1}{4}$  cup shredded pineapple (well drained)

Spread thin slices of white bread with mayonnaise, cover half the slices with a layer of mixture and remaining half with lettuce leaves. Lightly spread with mayonnaise and cut in triangles.

Sandwiches, cookies and fruit are the standbys for lunches which are carried. Try to vary the kinds of sandwiches. For appetizing fillings use any of the following combinations:

Dried beef and cheese (put through food chopper) mixed with tomato  
Hard-boiled eggs, celery and mayonnaise  
Grated carrot with honey  
Chopped pickle with mayonnaise  
Chopped peanuts with mayonnaise  
Creamed butter with horse-radish

### FOR SWEET FILLINGS

Chopped dates and nuts  
Honey and nuts  
Melted sweet chocolate and nuts  
Brown sugar and butter  
Sugar, butter and cinnamon  
Chopped prunes, dates and orange juice.

A good cookie for a lunch box is one with a fruit or jelly filling.

# Candies

*"Sweets to the sweet"*

## GRILLED ALMONDS

- 1 cup almonds
- 1 cup sugar
- $\frac{1}{4}$  cup water

Blanch and thoroughly dry the almonds. Boil the sugar and water until the mixture "hairs" then pour in the almonds. Let them fry, as it were, in this syrup, stirring them occasionally; they will turn a faint yellow brown before the sugar changes color. Do not wait an instant, once this change of color begins, or they will lose flavor; remove them from the fire, and stir them until the syrup has turned back to sugar and clings irregularly to the nuts. These are a delicious confection seldom found outside of France.

## BOSTON CREAM CANDY

- 6 cups granulated sugar
- $1\frac{1}{2}$  cups syrup (dark preferred)
- 1 tall can milk (dilute to amount  $1\frac{1}{2}$  pints)
- 2 pounds of nuts
- 1 tablespoon vanilla

Cook to soft ball stage. It will appear curdled. Remove from fire; let cool a bit. Start whipping with rotary egg whip. Continue until stiff, then use flat spoon. Cut in long bars or squares. This requires much whipping.

## DATE LOAF CANDY

- 2 cups sugar
- 1 cup milk
- 1 teaspoon butter
- Cook to form soft ball.
- Add 1 pkg. of dates
- 1 cup nuts

Cook 3 minutes. Take from stove; stir until you can stir no longer. Then put on wet cloth, roll in long roll in wet cloth. When solid, slice.  
Tried recipe.

## DIVINITY

- 6 cups sugar
- 2 cups thick cream
- 2 cups white syrup
- 2 lbs. English walnuts
- $\frac{1}{2}$  lb. candied cherries
- $\frac{1}{2}$  cup citron

Boil to soft ball stage. Let cool and beat until it begins to sugar. Add fruit and nuts.

## DIVINITY

- 3 cups sugar
- $\frac{3}{4}$  cup milk
- 1 cup white syrup
- 1 cup nuts
- 1 teaspoon vanilla

Pour slowly into the beaten whites of two eggs. Add nuts and vanilla. Beat till ready to set. Pour into buttered dish. Cut when ready.

## DIVINITY CANDY

One pint sugar, just enough water to dissolve. Cook until it forms a soft ball when dropped in cold water. Have ready in a large pan the beaten whites of 7 eggs and pour the cooked sugar over them slowly and beat until smooth. Place where it will keep warm. Cook one pint of white syrup and  $2\frac{1}{2}$  pints of sugar and just enough water to dissolve until it forms a hard ball when dropped in water, then pour slowly into the sugar and eggs beating all the time. Beat until cool. Add 1 tablespoon vanilla and  $1\frac{1}{2}$  lbs. English walnuts, weighed before shelling candied cherries and pineapple, ground. This will make 6 lbs. and keep indefinitely, if kept in a covered dish or pan.

## DIVINITY

### WHITE

- 3 cups sugar (granulated)
- $\frac{1}{2}$  cup syrup (white)
- 2 egg whites
- 1 teaspoon vanilla
- $\frac{3}{8}$  cup water

**BROWN**

- 2 cups sugar (granulated)
- 1 cup sugar (brown)
- $\frac{1}{2}$  cup syrup (white)
- $\frac{2}{3}$  cup water
- 2 egg whites
- 1 teaspoon vanilla

**CHOCOLATE**

- 3 cups sugar (granulated)
- 3 tablespoons cocoa
- $\frac{1}{2}$  cup syrup (white)
- $\frac{2}{3}$  cup water
- 2 egg whites
- 1 teaspoon vanilla

To each or any of the above add 1 cup nuts; shredded coconut or mixed candied cherries; pineapple or dates may be used.

Boil sugar, water and syrup until it forms hard ball in cold water or 254° F. Pour slowly into the egg whites, beaten stiff with  $\frac{1}{2}$  teaspoon salt. Continue beating until stiff enough to hold its shape, adding flavoring, nuts, or fruit just before final beating. Pour on buttered platter.

**FONDANT**

- 2 cups sugar
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  teaspoon cream tartar
- Vanilla to taste

Cook until soft ball is formed in cold water. Pour onto large plate that has been dipped in cold water. Stir with fork until creamy. Flavoring of desired kinds may be added. Mold into desired shapes.

**SMITH COLLEGE FUDGE**

- 2 cups brown sugar
- 1 cup granulated sugar
- 2 squares chocolate
- 1 large tablespoon syrup

Butter size of an egg. Sour cream enough to mix well. Cook syrup, cream sugar and chocolate until soft ball stage, add butter. Beat 10 minutes and add vanilla. Beat again until ready to pour. Nuts may be added.

**CHOCOLATE FUDGE**

- 2 cups sugar
- 2 squares chocolate
- $\frac{2}{3}$  cup milk
- 2 tablespoons syrup (white)
- 2 tablespoons butter
- Vanilla

Cook, stirring until it boils. Then stir only occasionally to 232° or soft ball.

Remove from fire and add butter. Let cool to luke warm. Add vanilla and beat.

**BLACK WALNUT CHOCOLATE FUDGE**

- 3 tablespoons butter, melted
- Add  $\frac{1}{2}$  cup cocoa
- $2\frac{1}{2}$  cups granulated sugar
- Pinch of salt
- $\frac{1}{2}$  cup top milk or sour cream

Stir all together well and bring to a slow boil. Boil until forms a soft ball in cold water. Add vanilla and let cool 15 minutes. Add nut meats and beat until creamy. Pour out on well buttered pan.

**NUT ROLL CANDY**

- 2 cups white sugar
- 1 cup brown sugar
- 1 cup cream
- $\frac{3}{4}$  cup nuts
- Vanilla, few drops

Cook until forms soft ball in cold water. Remove and let get cold. Beat, add nuts, and vanilla. Continue beating until almost hard. Pour into buttered pan and shape into loaf.

**NUT ROLL CANDY**

- 3 pints cane sugar
- 1 pint thick cream
- 1 pint good syrup
- 2 lbs. mixed nuts

Cook until soft ball will form in cold water. Stir until half cold, then mix nuts, and roll on board and shape. Cut as wanted, in slices.

**CANDIED ORANGE AND GRAPEFRUIT PEEL**

Wash peelings thoroughly, cut away all the pulp adhering and put to soak in cold water. Let stand for 10 or 15 minutes and drain. Cover the peel again with cold water, bring to boiling point and simmer slowly until soft. Boil only one kind of peel in the same water. When the peel is soft, drain, saving the water when using orange peel, but discard it if using grapefruit. Using a teaspoon, scrape out the bitter white part in the inner portion of each peel. With scissors cut the peel into thin lengthwise strips.

If you use four oranges you will want 2 cups of sugar. For 4 grapefruit use 4 cups sugar. Add sugar to the liquid in which the orange peel was cooked (for grapefruit use fresh water) using water if necessary to make 1 cup. Bring to the boiling point and cook to 238° F. (This is the soft ball stage.)

Put the small strips of peel into the syrup. Cook slowly for 10 minutes until most of the water has evaporated. Drain peel in sieve with coarse meshes. After draining well, roll the pieces a few at a time in a pan with granulated sugar. Separate the pieces so that they do not adhere one to the other, shake off excess sugar and lay out on paraffine paper for a few hours. Store in a glass jar with a cover.

### PATIENCE CANDY

- 1 cup sugar, browned in skillet (low fire)
- 2 cups sugar
- 1 cup cream
- Butter size of walnut

When sugar is browned, join with other mixture. Cook until forms soft ball. Add 2 cups nuts or more. Cream and pour into dish.

### PANOCHÉ

- 2 cups brown sugar
- ½ cup evaporated milk
- Butter size of egg
- 1 teaspoon vanilla
- Pinch of salt
- 1 cup chopped nut meats

Cook sugar and milk in a saucepan until the sugar is dissolved. Continue to cook slowly, stirring constantly until 236°F is reached or until mixture forms a soft ball when tested in cold water. Add butter. Cool slightly, add vanilla, salt and nuts. Beat until creamy. Pour into greased pans and when cold cut in squares.

### PEANUT BRITTLE

- 2 cups sugar
- 2 cups raw Spanish peanuts
- ½ cup water
- 1 teaspoon butter
- 1 cup white corn syrup
- 2 generous teaspoons soda
- 1 teaspoon vanilla

Cook sugar, syrup and water together to hard ball stage. Add butter and peanuts and continue cooking until syrup is a golden brown, stirring constantly. Remove from fire; stir in vanilla and soda. Stir quickly until it foams up then pour out on well oiled slab. Pull out into a thin sheet.

### ALABAMA PEANUT BRITTLE

- 1 cup shelled peanuts
- 1 cup granulated sugar

The small Spanish peanuts are sweeter and make nicer candy. Roast and shell them, cool and remove thin skins. Then crush the peanuts on a flat pan, and measure again, discarding all but a level cupful. Pour sugar into a medium-sized iron frying pan. Put over gas flame and stir constantly until the sugar is melted. Keep fire turned low enough so that the sugar will not brown at all, but be light straw color when entirely melted. Add peanuts, pouring quickly on to a greased platter or cookie pan. When cold break into small pieces. This is deliciously "Crunchy" and easy to eat. Some like the addition of a pinch of salt to the peanuts. Or salted peanuts may be used.

### PNEUCHINO

- 1 cup pecan meats, broken
- 1 cup figs, cut in small pieces
- 1 cup sweet milk
- 4 cups brown sugar
- 1 tablespoon butter
- ¼ teaspoon salt

Boil milk and sugar until a little dropped in cold water forms a soft ball. Add nuts, figs, butter and salt. Remove from fire and beat until creamy. Pour into buttered pans and cut in squares.

### SEA FOAM CANDY

- 3 cups brown sugar
- 1 cup boiling water

Cook until hard when dropped in cold water. When cooked pour over whites of 2 eggs that have been well beaten. Add 1 cup English Walnuts and 1 teaspoon vanilla. Cut in squares when cool.

### OLD-FASHIONED TAFFY

- 2 cups sugar
- 1 cup white syrup
- 1 teaspoon butter

When this begins to boil, add a little shaved paraffin and let boil until it spins a thread. Flavor, cool and pull.

**PEANUT BRITTLE**

- 2 cups sugar
- 1 cup white syrup
- ½ cup water
- 2 cups raw Spanish peanuts
- Butter size of an egg
- 1 level tablespoon soda
- 1 teaspoon vanilla

Boil together, sugar, syrup and water until it becomes brittle when tried in cold water. Add peanuts and butter. Stir constantly until peanuts begin to brown and pop open. Turn out fire and add soda and vanilla. Mix quickly, and pour out on a moistened bread board. Watch closely and as it begins to cool loosen edges until cool enough to turn over, then break into pieces.

**POP CORN BALLS**

- 1 cup sugar
- 1 cup white syrup
- 1 tablespoon butter
- Pinch of soda

Cook until it forms a soft ball when tried in cold water. Pour through freshly popped corn, stirring well. Dip the hands in cold water and quickly form into balls.

**PECAN DATE ROLL**

- 2 cups white sugar
- ½ cup white syrup
- 1 cup milk

Boil until soft ball, take from fire and add 1 cup chopped dates, 1 cup chopped pecans, 1 teaspoon vanilla. Beat all until quite dry and pour on damp cloth and roll into roll. When rolled, roll again over pecans to cover sides. Set aside to harden and slice to serve.

**GUM DROP BARS**

- 4 eggs beaten together
- 2 cups brown sugar
- 1 tablespoon cold water
- 2 cups flour
- ½ cup pecans chopped
- ¼ teaspoon salt
- 1 teaspoon cinnamon

1 cup shredded gum drops well floured  
Beat eggs, add brown sugar, cream well, add cold water. Sift flour, salt, cinnamon together. Reserve enough flour to flour nuts and gum drops. Then add to creamed mixture. Bake in moderate oven 350°. Use cooky sheet and have batter ½-inch thick. Cut in squares and ice while warm with orange icing. A good combination is to use orange gum drops with the orange icing.

**ORANGE ICING**

- 3 tablespoons butter
- 2 tablespoons orange juice
- 1 teaspoon grated orange rind

Add enough powdered sugar to spread.

**DROP FUDGE**

- 2 cups sugar
- 3 heaping tablespoons cocoa
- ¾ cups water
- Pinch salt

Cook until it forms a soft ball (or a medium ball, if you desire to let it cool before beating) Add:

- 1 cup nuts
- 1 tablespoon butter
- 1 heaping tablespoon marshmallow
- 1 teaspoonful vanilla

Beat until it holds its shape. Take 2 teaspoons, drop with one and push off fudge with other onto greased paper or plates.

**MINTS**

- 2 cups sugar
- ½ cup water

Cook until a soft ball forms in cold water, then pour over the well beaten whites of 2 eggs, flavor with essence of peppermint and beat until almost cold, with a spoon drop on a flat surface.

**LOAF CANDY**

- 5 cups sugar
- 1¼ cups good cream
- 1¼ cups white corn syrup
- 1 pinch of salt
- 1 ring candied pineapple
- Candied cherries
- English walnuts, pecans, cocoanut, almonds

Mix sugar, salt, cream and Karo, and boil to soft ball stage. Remove from heat. When partly cool, beat. Continue beating until quite heavy and almost cool enough to pour. Add as much candied fruit and nuts as you care for. Mix thoroughly and pour into deep, narrow container to mold into a loaf. After standing several hours, may be sliced into very thin slices.

**ENGLISH TOFFEE**

- ½ cup butter
- 2 cups sugar
- ½ pound blanched almonds
- ½ pound sweet chocolate
- ¼ pound roasted salted almonds or pecans.

Melt butter in skillet, add sugar and stir until melted and rich brown in color. Add almonds and continue to cook, stirring until almonds are cooked through. Pour the mixture onto a buttered pan or marble slab. Cool and when almost hardened turn over so that the flat surface is on top. Allow to cool then melt the dripping chocolate over warm, but not boiling water, and coat the top surface. Sprinkle with the chopped, salted nuts. Let harden and break into irregular pieces. Store in a cool place. (The peanuts may be used in place of almonds if desired.)



## Preserves and Jellies

*"An odor rich comes stealing from out the kitchen bright,  
That sets my pulse a-reeling, and gives my heart delight."*

### APRICOT PRESERVES

Stone and cut fruit in several pieces. Weigh and use equal weight of sugar. Put alternate layers of fruit and sugar in vessel, let stand 12 hours. Crack stones, remove and blanch kernels. (Place them in boiling water, let stand four minutes, drain and rinse with cold water. Rub them in a coarse cloth to remove the skins.) Stir the fruit, add the kernels and boil until clear. Skim out the fruit and boil the juice a short time longer. Return the fruit, let come to boil and pour out on platters. Let stand two or three days. Seal in sterilized jars.

### PEACH PRESERVES

Use same method as for apricot preserves, omitting the kernels.

### APRICOT BUTTER

- 1 lb. apricots, soak over night, drain off water and grind
- 1 large can of grated pineapple
- 6 cups sugar
- Boil 5 minutes, then can.

### APPLES WITH ORANGE

- 1 cup of white sugar
- $\frac{3}{4}$  cup of water
- 1 orange
- 4 apples

Cook the sugar, water and sliced orange rind and all until it begins to thicken. Pare and quarter apples and drop in syrup and cook until clear.

### APRICOT-PINEAPPLE PRESERVE

- 1 No. 10 can apricots
- 1 No. 2 can grated pineapple
- For each cup of fruit allow  $\frac{3}{4}$  cup of sugar. When cooked to a desired thick-

ness add one pound of almonds, blanched. Either ground or finely chopped. There should be about five pints of the preserve when cooked to the proper consistency.

### BERRY PRESERVES

Equal parts of berries and sugar. Put on fire and stir carefully until sugar is dissolved and it boils. Pour on large platters and let stand in open air two days. Put in glasses and cover with paraffin.

### CHERRY PRESERVES

- 2 lbs. fresh seeded cherries
- 2 lbs. granulated sugar
- $\frac{1}{2}$  teaspoon (or more) red fruit coloring
- 10 to 15 drops of bitter almond extract (or to suit taste)

Add sugar and coloring to cherries without water. Let stand a short time until a small amount of juice is extracted from the cherries. Place on a slow flame until it begins to boil, then turn up flame and boil briskly for 8 or 12 minutes, lifting the juice with a silver spoon to prevent boiling over. When almost cool add flavoring. Then pour in glasses and cover with paraffin. Do not use more than two rounds of cherries in one vessel. Canned cherries (without sugar) may be used when cherries are not in season.

### FOOL-PROOF CRANBERRY JELLY

- 1 qt. cranberries
- 1 pt. boiling water

Cover and cook tender. Put through sieve and cook gently for 5 minutes. Add 1 pint sugar. Cook another 5 minutes. Add pinch of salt and pour into glasses.

### CRABAPPLE BUTTER

Wash and cut in halves any desired amount of red skinned crabapples. Al-

most cover with cold water. Cook until well done. Run through colander. Weigh. To one pound of this fruit pulp add one pound of sugar. Cook over slow fire until thick and clear. Put in jelly glasses or jars. When cool paraffin and seal. Store in cool place. Delicious and nourishing.

### CRANBERRY JELLY

Cook one quart of cranberries and one cup of water in a covered dish five or six minutes. Then press through sieve. Stir in two cups of sugar and without reheating turn mixture into mold. Do not return to fire after sugar is added or the mixture will not jell. The strong acid of the cranberry in connection with high heat "splits" the sugar and interferes with the jelling process.

### CRANBERRY JELLY

Wash, pick over, and remove stems from 1 qt. of cranberries. Add  $\frac{1}{2}$  cup water; place on stove and when they begin to cook add  $\frac{1}{4}$  teaspoon soda, skim and stir two or three times taking off all froth that raises to the top. Cook until berries are very soft. (Watching that they do not stick.) Rub through a strainer, throw away all skins add 2 cups sugar, cook slowly until sugar is dissolved, or about 15 minutes. Pour into serving dishes or individual molds. As soon as cool, cover to prevent tough skin from forming on top.

### GRAPE JELLY

Without Cooking After Cane Sugar Is Added

Stem, wash one basket Concord grapes. Drain off all water and dry (very important). Place in heavy kettle and cook until juice flows freely. Strain through jelly bag, keeping it boiling hot. Half fill measuring cup, stir in cane sugar until measure is full, stir until sugar is dissolved, keeping it hot, but do not boil. Place in glasses. Cover with paraffine. Concord grapes and cane sugar must be used.

### JELLY

Any kind of tart fruit may be used. Cook in water enough to cover, until tender, berries need only come to boil, strain. Boil juice twenty minutes. Measure and add a scant equal part of sugar. Boil again twenty minutes. Pour into glasses and cover with paraffin. Making in small amounts is better.

### GRAPEFRUIT MARMALADE

2 large grapefruit  
2 sweet oranges, without rind  
2 lemons

Slice fruit very thin. Cover with water two cups to each cup of fruit; let stand over night. Boil very slowly for two hours or until tender. Measure and add three pounds of sugar to each quart of fruit. Cook  $1\frac{1}{2}$  hours or until it jells. Let fruit seeds stand in cup of water over night and when sugar is added, put in kettle, tied in small sack.

### GRAPE MARMALADE

Wash and pulp grapes. Cook pulp and run through colander to remove seeds, then add it to the skins. Cover with water and cook until skins are tender.

Add equal amount of sugar as you have grapes, stir until thoroughly dissolved and remove from fire, as no boiling is necessary after sugar is added. When cool put in glasses.

### ORANGE-PEACH MARMALADE

8 peaches  
1 orange  
Equal amount of sugar

Wash the fruit but do not peel. Put through grinder, add sugar, boil 20 minutes and seal.

### ORANGE MARMALADE

6 oranges  
1 lemon  
11 cups of cold water  
7 cups of sugar

Peel oranges, remove skin, slice thin with rind of the lemon, pour cold water over all. Let stand 24 hours. Boil 3 hours then add sugar. Boil 1 hour more, pour into glasses.

### ORANGE MARMALADE

2 large oranges  
1 large lemon

Quarter and slice very thinly without peeling. Add 3 cups water to each cup fruit and let stand over night. Boil slowly until fruit is tender. Measure and add 1 cup sugar to every cup fruit mixture. Boil again slowly until it jells.

### PEACH CONSERVE

Take good ripe peaches, peel and pit them and run through food grinder. Take measure of peaches and same measure of sugar. Cook ten minutes after starting to boil. Can while hot. Delicious.

## PEACH AND ORANGE MARMALADE

4 peaches  
oranges  
sugar

Scald peaches and slip skins off. Remove stones. Wash oranges and cut in thin slices, rind and all. Combine fruit and weight. Put  $\frac{1}{2}$  cup water in preserving kettle, add fruit and as many pounds of sugar as there are pounds of fruits. Boil until thick, stirring to prevent burning, pour into sterilized fruit jars and seal.

## MRS. BRANDT'S PEAR CONSERVE (Mississippi)

Peel, quarter and grind through coarsest knife of the food chopper some hard pears. To each pound of pears add a pound of sugar, cooking until pear is clear, and being careful not to allow mixture to burn. When pears are cooked clear add for each gallon of pear mixture one pound can of shredded pineapple. Let come to boil, then can and seal.

## PEACH CONSERVE

2 cups peaches  
cups sugar  
cups water

Measure peaches after they have been pared and cut into small pieces. Cook in oven or by stirring over slow fire. While peaches are cooking, crack a dozen stones, remove the kernels, blanch and cut them fine. Add to fruit and continue cooking until a small amount, cooled, will form a light crust. Seal.

## PEAR CONSERVE

qts. cranberries  
pk. pears, peeled and cored  
oranges, not peeled  
1 cups sugar  
 $\frac{1}{2}$  cup water

Grind cranberries, pears and oranges through food chopper. Mix and cook 20 minutes, then add sugar and boil 20 minutes longer. This conserve is delicious served on top of ice cream.

## BLUE PLUM CONSERVE

lbs. plums  
cup seeded raisins  
oranges  
lice of 1 lemon  
lb. walnut meats  
sugar

Wash plums, remove stones. Add raisins and oranges after they have been put through food chopper. Measure and add cup of sugar to each cup of fruit.

Cook slowly until thick like jam (45 minutes). Add lemon juice and nuts. Pour into sterilized jars and seal.

## RAZZLE-DAZZLE

1 pt. raspberries  
1 pt. cherries  
1 pt. currants  
1 pt. gooseberries  
8 cups of sugar  
1 cup of water

Cook until clear, then add fruit, cook 20 minutes. Place in crock 24 hours, then seal.

## STRAWBERRY PRESERVES

4 rounded cups of berries  
5 level cups of sugar

Wash and drain the berries, sprinkle sugar and berries and let stand three hours. Cook eight minutes. Add juice of  $\frac{1}{2}$  lemon and cook two minutes longer. Put in sterilized jars or glasses and seal or cover with paraffin.

## DELICIOUS STRAWBERRY PRESERVES

Six boxes of strawberries and equal amount of sugar. Place on slow fire and cook slowly twelve minutes after starting to boil. Add juice of three lemons, cook 2 minutes longer. When cool can.

## RED TOMATO PRESERVES

Skin medium sized tomatoes. Cook whole, skim out of water and add  $\frac{3}{4}$  lb. of sugar to every lb. of tomatoes. Let stand in sugar all night. In morning add thin slices of lemon to taste. Cook until clear and preserved, then seal.

## QUINCE HONEY

3 quinces  
8 pears  
4 lbs. sugar  
 $1\frac{1}{2}$  pints water

Peel and quarter pears and quinces. Run through meat grinder. Make a syrup of sugar and water. Add pears and quinces. Cook 40 minutes or longer if too thin.

## WATERMELON PRESERVES

After peeling (and be sure all the red part is removed) dice one inch square; let stand in salt water over night; drain and cook in fresh water until tender; drain and weigh, using one pound of fruit to one pound of white sugar, add water enough to cook until the preserve is clear, then seal while hot in Mason jars. To flavor, add  $\frac{1}{2}$  sliced lemon to each 5 lbs fruit.

## Pickles and Relishes

*"I catch the delicious  
Odor of pickles and catsup rare,  
And a feeling of hunger and longing  
Comes o'er me for my share."*

### BEET RELISH

- 1 quart (chopped) cooked beets
  - 1 quart (chopped) raw cabbage
  - 2 cups white sugar
  - 1 cup good (ground) horseradish
  - 1 tablespoon salt
  - $\frac{1}{4}$  tablespoon cayenne pepper
  - 2 cups vinegar, white preferred
- Mix all together, put in pars and seal.

### CELERY RELISH

Dice 1 pint each of celery and white onion very fine. Add a pint can of tomatoes and let cook until tender and quite thick. Add 1 tablespoon brown sugar and 2 tablespoons lemon juice. Salt to taste, let simmer a few minutes, then let cool and serve.

### CUCUMBER SALAD

- 12 large cucumbers
  - 4 onions
  - 4 green peppers
- Chop together, add 1 cup salt and let stand over night. Then add:
- 1 cup grated horseradish
  - 1 cup sugar
  - 2 tablespoons white mustard seed
  - 1 teaspoon celery seed
- Cover with medium strength vinegar and seal. Do not cook.

### FRENCH RELISH

- 1 peck green tomatoes (sliced)
- 5 onions (sliced)
- 1 cup salt
- 3 quarts vinegar
- 4 lbs. sugar
- 2 tablespoons black pepper
- $\frac{1}{2}$  teaspoon cloves
- 1 teaspoon ginger
- $\frac{1}{4}$  lb. mustard seed
- 4 green mango peppers
- 1 large stalk celery
- 1 head cauliflower

To sliced tomatoes and onions, add salt and 1 quart vinegar. Boil 20 minutes, drain off the liquid, to remainder in kettle add all other ingredients having the mango peppers, celery and cauliflower cut into small pieces, mix well together, boil 15 minutes and seal. Will make 14 pints.

### CORN RELISH

- 12 ears corn
- Small head cabbage
- 3 cups brown sugar
- 6 mangoes
- 4 tablespoons salt
- 2 tablespoons celery seed
- 4 tablespoons mustard
- 3 pints vinegar

Boil ingredients together for about 20 minutes.

### GREEN PEPPER RELISH

- 12 green peppers
- 12 red peppers
- 6 large onions
- 1 quart of vinegar
- 3 pints of sugar
- $\frac{1}{4}$  cup of salt

Grind peppers, seeds and all, together with onions. Put into colendar and scald with teakettle of boiling water. Let drain. Heat vinegar, sugar, salt. Add ground mixture and boil 30 minutes.

### PEPPER RELISH

- 1 dozen red sweet peppers
- 1 dozen green sweet peppers
- $\frac{1}{2}$  dozen hot peppers
- 6 medium sized apples
- 4 medium sized onions

Grind all these ingredients and pour over them  $1\frac{1}{2}$  gallons of boiling hot water with  $\frac{1}{2}$  cup salt added. Let stand 15 minutes. Drain and add  $\frac{1}{2}$  pint vinegar and  $\frac{1}{2}$  pint of sugar. Bring to a boil and can. Add more vinegar and sugar if needed.

## GREEN CUCUMBER RELISH

To one large cucumber add when chopped one equal amount of chopped onion; to this add at least  $\frac{1}{2}$  teacup salt and mix thoroughly with silver fork. Allow to stand over night or  $\frac{1}{2}$  day until ready to drain. Season with whole mustard seed, black pepper, and cold cider vinegar sufficient to cover the dry ingredients. A little chopped green pepper is thought by some to be a good addition.

## INDIAN RELISH

- 12 green peppers
- 12 red peppers
- 15 medium sized onions
- 2 cups sugar
- 2 cups vinegar
- 2 level tablespoons salt
- $\frac{3}{4}$  tablespoon mustard seed
- $\frac{1}{2}$  teaspoon celery seed

Grind peppers and onions coarse, then cover with boiling water for a few minutes, then drain. Add vinegar, sugar, seeds, etc., and cook five minutes.

## PINEAPPLE DELIGHT

- 1 cup cooked rice
- 1 cup whipped cream
- 1 cup shredded pineapple
- $\frac{1}{2}$  cup powdered sugar

Mix all ingredients together, put in ice box and thoroughly chill. Serve in sherbet cups.

## JELLED CUCUMBER RELISH

- 1 level tablespoon gelatine
- $\frac{1}{4}$  cup cold water
- 1 cup boiling water
- $\frac{1}{2}$  cup mild vinegar (white wine)
- 2 tablespoons sugar
- $\frac{1}{2}$  tablespoon salt
- 1 diced tender cucumber or two small ones diced
- Juice of small onion size of an egg
- 1 tablespoon chopped red and green pepper

Cook gelatine in cold water, dissolve in boiling water. Add vinegar, seasoning, cucumbers and peppers. Grated horseradish may be added but care must be taken to have mild horseradish. Stiffen in molds. Serve on anything that such a relish would go with.

## MANGO PEPPER HASH

- 1 dozen green peppers
- 1 dozen red peppers
- 3 large onions

Chop fine, cover with boiling water and leave stand ten minutes then drain. Add three tablespoons salt, 2 quarts vinegar, 2 cups sugar. Cook 15 minutes and seal in jar.

## ONION RELISH

- 6 green peppers
- 6 red peppers
- 14 good sized onions
- 1 quart vinegar
- 2 cups sugar
- 2 teaspoons salt
- Pepper to suit

Grind peppers and onions coarse, then and drain, letting stand in water for five minutes each time. After draining second time, add vinegar, salt, sugar and pepper. Cook about 15 or 20 minutes, and can.

## PEPPER HASH

- 2 dozen sweet peppers, green
- 2 dozen sweet red peppers
- 2 large onions, chopped together

Cover with boiling water and let stand 10 minutes, drain green goods. Add  $1\frac{1}{2}$  pints sugar,  $1\frac{1}{2}$  pints vinegar. Cover and boil 20 minutes. Seal in jars.

## PEPPER RELISH

- 1 dozen green bell peppers
- 1 dozen red bell peppers
- (Remove seeds from all)
- 3 large onions

Grind all together. Cover with boiling water and let stand ten minutes. Drain off. Cover with warm water and let come to a good boil. Set off stove. Let stand 10 minutes. Drain all water off. Add 3 tablespoons of salt, 2 pints vinegar, 2 cups sugar. Boil 15 minutes. Seal while hot. If one cannot get ripe bell peppers, get some pimentos in the cans, and use more green ones, as the red is more for the color than taste.

## STUFFED PEPPERS

- 8 peppers, split lengthwise and remove seeds
- 1 cup ground pork
- 2 slices bacon
- 1 cup ground macaroni
- $\frac{1}{4}$  can canned tomatoes or 1 fresh tomato
- 1 tablespoon chopped onion
- $\frac{1}{2}$  cup ground crackers
- Salt and pepper to taste
- Mix all together. Add 2 tablespoons bacon drippings. Add enough broth from

the meat to make right consistency. Stuff peppers, lay them in baking dish, add  $\frac{1}{4}$  cup water. Bake 30 minutes at 375°.

### SWEET RELISH

- 24 green tomatoes
- 2 red mangoes
- 2 green mangoes
- 8 onions
- 5 cups vinegar
- 4 cups sugar
- 5 teaspoons salt
- 4 teaspoons white mustard seed
- 4 teaspoons celery seed

Grind tomatoes, onions and peppers. Drain, add seasoning and cook 15 minutes, can.

### SWEET APPLE PICKLES

- 1 cup vinegar
- 2 cups sugar
- $\frac{1}{2}$  tablespoon ground cinnamon (tied in a cloth)
- Speck ginger

Pare and core the apples, drop them into boiling syrup and cook tender.

### BREAD AND BUTTER PICKLES

- 4 quarts sliced cucumbers
- 6 sliced onions
- 1 quart cider vinegar
- 2 cups sugar
- 3 tablespoons flour
- 1 teaspoon celery seed
- 1 teaspoon mustard
- 1 teaspoon white pepper

Combine cucumbers and onion, let stand overnight in water with  $\frac{1}{2}$  cup salt. In morning, drain, rinse with cold water. Boil sugar, vinegar and spices, add cucumbers and onions, cook until tender. Mix flour smooth with a little water. Add to boiling mixture and seal.

### CELERY PICKLES

- 2 bunches celery
- 12 cucumbers

Let cucumbers stand in cold water over night. Slice lengthwise, stand in quart jars, pack tight with stalks or strips of celery. If desired put slices of white onions in bottom of jar and on top of cucumbers and celery. To one quart of vinegar use  $1\frac{1}{4}$  cups sugar, scant  $\frac{1}{2}$  cup salt, boil and pour over pickles and seal.

### CRYSTAL PICKLES

Peel two dozen large, sour cucumber pickles. Cut in slices about  $\frac{1}{2}$  in. thick. Wash in cold water and drain. Put in stone jar, a layer of cucumbers and a layer of sugar. Add 2 tablespoons white mustard seed, a few cloves and a stick of cinnamon. Let stand several days in warm room. Stir frequently. Be sure to use plenty of sugar. Pour off liquid and boil until it thickens. When cold add cucumbers and let stand two or three days before using.

### CHUNK PICKLES

- 7 lbs. pickles

Make brine heavy enough to balance an egg. Soak pickles in this brine three days. Soak in clear water three days, changing water each day. Cut pickles into chunks of one inch. Cover with a very weak vinegar to which 1 tablespoon of alum has been added.

Simmer for 2½ hours, but do not boil. Take out of alum water, put into cold water and into cans quickly.

Cover with 3 pints vinegar, 3 lbs. sugar,  $\frac{1}{2}$  teaspoon allspice, cloves, cinnamon and celery seed that have been milled together eight minutes. Seal.

### CUCUMBER PICKLES (UNCOOKED)

- 2 gallons vinegar
- 2 cups sugar
- 1 cup salt
- 1 cup ground mustard

Wash cucumbers, place in jars and pour mixture over them. Seal cold. Add sugar and spice to taste for sweet pickles.

### FRENCH PICKLES

- $\frac{1}{2}$  gallon green tomatoes, sliced
  - $\frac{1}{2}$  gallon green apples, sliced
  - $\frac{1}{2}$  gallon green peppers, sliced
  - $\frac{1}{4}$  gallon cucumber pickles, sliced
  - $\frac{1}{4}$  gallon onions, sliced
  - $\frac{1}{2}$  gallon vinegar
  - 2 cans pimentos
  - 1 tablespoon black pepper
  - 1 tablespoon mustard
  - 1 tablespoon white mustard
  - 5 sticks cinnamon bark
  - 25c brown sugar
  - 1 tablespoon celery seed
- Makes 5 quarts of pickle.

## GREEN TOMATO PICKLE

Slice 1 peck of green tomatoes about  $\frac{1}{2}$  inch thick, place in jar with one cup of salt, let stand over night. In the morning pour off juice and add 1 quart of chopped onions, 1 pound of sugar, 1 tablespoon each of black or white pepper, whole cloves and ground mustard,  $\frac{1}{4}$  pound white mustard seed, 1 gallon cider vinegar. Cook slowly for about two hours, seal while hot.

## MUSTARD PICKLES

1 cup sugar  
1 cup mustard (ground)  
1 cup salt  
1 gallon vinegar

Mix cold and pour over cucumbers. Put weight on cucumbers so that liquid covers them. Ready for use in a few days and will keep a long time. Recipe makes two gallons.

## OLIVE OIL PICKLES

25 pickles  
5 lbs. sugar  
1 quart cider vinegar  
 $\frac{1}{2}$  cup whole peppers  
 $\frac{1}{2}$  cup whole allspice  
 $1\frac{1}{2}$  cups olive oil  
1 cup tarragon vinegar  
Few cloves of garlic

Heat slowly the sugar, spice and vinegar but do not boil. Cut pickles in inch pieces and place in stone jars. Pour olive oil over them, then the hot vinegar and lastly the tarragon vinegar. Let stand two weeks before serving.

## PICKLED WASHINGTON CHERRIES

Sterilize jars and pack with clean, ripe cherries with stems, add one teaspoon salt for each pint of cherries. Cover with pure apple cider vinegar, diluted one-half, if very strong. Seal. No cooking.

## PICKLES DE LUXE

2 gallons cucumber pickles  
2 cups salt

Cover with boiling water. Let stand 8 days, skim each day. Ninth day drain and cover with boiling water. Let stand 24 hours. Tenth day add 2 tablespoons of alum and cover with boiling water. Let stand 24 hours. Eleventh day drain and cover with boiling water, let stand

24 hours. Twelfth day drain and boil 5 pints of vinegar and 6 cups of sugar, 2 tablespoons of celery seed, 2 oz. of stick cinnamon, pour over pickles and let stand 24 hours, drain this and bring it to a boil and add 1 cup of sugar, pour over pickles and let stand 24 hours, drain this and add 1 more cup of sugar, bring to a boil, add one more cup of sugar and can.

## PICKLE

1 dozen onions  
1 dozen sweet red peppers  
1 dozen green peppers  
1 quart vinegar  
2 cups sugar  
3 tablespoons salt  
Celery seed

Grind all ingredients in meat grinder. Pour on boiling water and let stand ten minutes. Drain and repeat treatment. Boil vinegar, sugar and celery seed. Boil pickle 5 minutes.

## RUMMAGE PICKLE

Put through food chopper enough red tomatoes to make 2 quarts; enough green tomatoes to make 1 quart.

3 bunches celery  
3 large white onions  
3 red peppers  
3 green sweet peppers  
1 small head cabbage  
1 large ripe cucumber

Mix the above well, place in stone or granite jar, cover with  $\frac{1}{2}$  cup salt and let stand over night. In the morning drain well and add:

3 pints of cider vinegar  
2 pounds light brown sugar  
1 rounding teaspoon mustard  
1 rounding teaspoon white pepper

Cook all together until clear (about one hour). Seal in pint jars while hot.

## CRISP SPICED PICKLES

3 large sour pickles  
3 scant cups sugar  
2 cloves garlic  
2 tablespoons Wesson oil

A few whole cloves and stick cinnamon  
Slice pickles and drain before covering with the above ingredients. Stir often until sugar is dissolved. Let stand several days. Delicious.

## SWEET PICKLES

Two dozen large sweet pickles cut three or four times. Sprinkle with finely chopped onions and stand over night. Make syrup, one and one-half pints of diluted vinegar, three pounds of brown sugar, boil hard.

Add one-fourth cup olive or mazola oil, one-fourth cup whole mixed spices. Pour over pickles. Can.

## SWEET GREEN TOMATO PICKLES

One gallon green tomatoes sliced, sprinkle through them  $\frac{1}{4}$  teacup salt, let them remain over night, drain off in the morning. Take one quart of water, one cup vinegar, boil the tomatoes five minutes, drain through a colander, take one pint vinegar, one pound of brown sugar, one teaspoon cinnamon, a dash of cayenne pepper, or instead one green pepper chopped, tie the ground spices in a little sack, boil five minutes, put in a few whole cloves also stick cinnamon.

## WATERMELON PICKLES

### 1 watermelon rind

Pare and cut in small cubes. Cover with water, add 5 cups sugar and cook until tender and water nearly evaporated. (2 to 3 hrs. required.) Then add 1 qt. cider vinegar, 5 cups sugar, 3 or 4 tablespoons whole mustard seed, few pieces stick cinnamon, 2 tablespoons whole cloves. Boil all together till syrup is thick.

## WATERMELON PICKLES

Pare off the green and pink from the rinds and cut with a small cutter the size of a half dollar. Let stand over night in salt water. Drain and boil in alum water until tender. When cooked drain and run cold water over them to chill. Stick a clove in the center of each piece. To each 3 quarts of melon rind allow 3 lbs. of sugar, 1 quart vinegar and 3 sticks of cinnamon. Boil together 5 minutes and pour over rind, let stand 24 hours. Drain and boil syrup and pour over rind and let stand another 24 hours. Then boil all together 10 minutes and seal. If preferred use less cinnamon and use  $\frac{1}{2}$  cup cinnamon drops. This gives a pinkish tint.

## VIRGINIA PICKLES

Take 75 cucumbers 4 or 5 inches long, wash and make brine, using 2 cups of salt to each gallon of water, cover cucumbers and let stand one week, then drain, cover with boiling water, let stand 24 hours, drain and cut cucumbers in cubes, cover

with boiling water and add 1 tablespoon powdered alum, let stand 24 hours, drain and pack in jars. Take 3 quarts of vinegar, 6 cups sugar,  $\frac{1}{2}$  cup cassia buds and 1 tablespoon celery seed, boil to dissolve sugar and pour over pickles, next day re-heat the vinegar and add 3 cups of sugar, pour over the pickles; next day re-heat vinegar adding 2 cups of sugar, pour in jars and seal.

## CHILE SAUCE

18 large ripe tomatoes  
3 red or green hot peppers  
1 large onion  
2½ cups vinegar  
1 cup sugar  
1 teaspoon ground cloves  
1 teaspoon ground cinnamon  
Chop all fine and cook until thick.

## CHILE SAUCE

½ bushel ripe tomatoes  
1 onion  
4 red peppers  
Pour boiling water over tomatoes to peel easily, squeeze them and chop a little. Take seeds from peppers, chop fine with the onion. Add 5 cups vinegar, 3½ cups sugar, 3 tablespoons salt, 3 teaspoons mustard, 3 teaspoons ginger. Tie a few sticks of cinnamon and 2 tablespoons of cloves in a bit of thin cloth. Cook tomatoes, peppers, onion, sugar and salt  $\frac{1}{2}$  an hour. Add vinegar and spices. Cook 15 minutes, bottle hot.

## CHILE SAUCE

Pare 12 large tomatoes and chop fine, 2 good sized onions and 4 green peppers chopped. (Chop each vegetable separately.) Stir all together and add:  
1½ tablespoons salt  
3 cups vinegar  
 $\frac{3}{8}$  cup sugar  
1 tablespoon cinnamon  
 $\frac{1}{4}$  tablespoon red pepper  
1 tablespoon celery seed  
Boil 1½ hours stirring well. This will keep in open mouth jars covered with paraffin.

## CHILE SAUCE

1 peck ripe tomatoes  
6 green peppers  
6 onions  
5 cups vinegar  
2 teaspoons cinnamon  
2 teaspoons cloves  
1 tablespoon salt  
2 cups brown sugar  
Peal and slice tomatoes. Wash, stem and chop fine. Peal and chop onions, mix all ingredients together, boil mixture 2 hours and seal in sterilized jars.



## GRAPE CATSUP

Wash and stem 5 lbs. grapes. Boil in a little water until soft. Strain through sieve.

Add:

- 3 lbs. sugar
- 1 pint vinegar
- ½ tablespoon salt
- 1 tablespoon ground cloves
- 1 tablespoon cinnamon
- 1 tablespoon pepper

Boil until thick. Bottle and seal.

## TOMATO CATSUP

- 1 peck ripe tomatoes
- 1 level tablespoon each of salt, ground mace, black or white pepper, ground mustard and ground cloves
- 1 tablespoon celery seed tied in muslin bag
- 1 teaspoon cayenne pepper

Cut tomatoes in halves, remove hard white part, if any, add other ingredients and cook slowly until tomatoes are thoroughly done, remove from fire, put through colander into stone or enameled vessel.

Cover and let stand over night in some cool place. In the morning, add 1 pint cider vinegar, stir well and bottle cold.

## JIM SAUCE "FOR MEN"

- 3 tablespoons catsup
- 1 tablespoon olive oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon salad dressing
- 1 teaspoon horseradish
- 2 drops tabasco
- 1 tablespoon parsley, chopped fine
- Small amount of salt

## TOMATO MINCE MEAT

- 4 cups sugar
- 9 lbs. tomatoes
- 1 cup vinegar
- 2 cups water
- 1 tablespoon cloves
- 4 tablespoons cinnamon
- 1 tablespoon salt
- 2 lbs. raisins
- ½ peck apples
- Butter size of egg

Slice tomatoes, let drain over night. Boil sugar, water and vinegar. Add to-

atoes. Cook ½ hour then add other ingredients and let come to the boil. Seal in cans.

## GREEN TOMATO MINCE MEAT

- 4 lbs. green tomatoes
- 2½ lbs. brown sugar
- ½ cup vinegar
- ½ tablespoon salt
- 1 lb. raisins
- 1 tablespoon ground cloves
- 1 tablespoon cinnamon
- ½ tablespoon nutmeg

Chop tomatoes, mix with other ingredients, boil one hour. Seal in jars while hot.

## CHOW-CHOW

- 1 peck green tomatoes
- 1 cup salt
- 2 quarts water
- 2 quarts vinegar
- 1 lb. brown sugar
- ½ lb. white sugar
- 2 tablespoons cinnamon
- 2 tablespoons cloves
- 2 tablespoons ginger
- 2 tablespoons mustard
- 1 teaspoon cayenne pepper

Slice or chop tomatoes, add cup of salt, let stand over night. Drain and discard liquid. Pour 2 quarts water and 1 quart vinegar over tomatoes. Boil 15 minutes. Drain and again discard liquid. Add sugar, remainder of vinegar and spices. Boil gently half an hour and can.

## CANNED SAUERKRAUT

Cut cabbage on slaw cutter. Pack tightly as possible in sterilized glass jars. Add one teaspoon salt to each quart jar. Fill with cold water and seal. Let stand in something to catch the drip and after one month or three weeks it is ready to use.

## KITCHENETTE PICKLES

- 1 dill pickle
- 2 large sour pickles
- 1 cup light brown sugar
- 1 tablespoon mustard seed

Slice the pickles and place in alternate layers with the sugar and mustard seed. Let stand 48 hours before using.

## Beverages

*"There's frost on the cup when the days are warm,  
But when on the window pane frost clings,  
There's warmth and cheer in the cup she brings"*

Anon.

### COFFEE

Drip method: Use either a drip pot, or line the coffee container of the percolator with cloth. Coffee should be specially ground, very fine but not pulverized. Use 2 tablespoons of very finely ground coffee for every measuring cup of boiling water and one extra. Pour boiling water over the coffee and allow to drip, keeping the coffee pot hot but not boiling. When all the water has filtered through, remove the container holding the grounds. This is the most healthful method of making coffee, since excessive heat extracts the bitterness and poison of the grounds.

Note: One measuring cup of water makes 1½ ordinary cups of beverage. Coffee should always be kept in an airtight container, as it loses its flavor quickly after being ground. Hot weather often kills the flavor of coffee.

Percolator method: Use 2 level tablespoons of finely ground coffee for every measuring cup of boiling water. Place water in the bottom of the percolator, adjust the basket or perforated cup, and place the coffee in this. A few grains of salt added will improve the flavor. Allow the water to percolate through the coffee from seven to ten minutes, depending upon the strength of coffee desired.

Coffee pot method: Use 2 level tablespoons for each cup of water plus two tablespoons coffee for the pot. The coffee need not be as fine as for the percolator or drip methods. Mix the grounds with one clean egg shell, crushed. (This is to assist in clearing the coffee.) Pour on boiling water, and place pot over a very low flame to prevent boiling, and let simmer for five or ten minutes, depending on the strength desired. Strain and serve at once.

### ICED COFFEE

12 tablespoons coffee  
4 cups boiling water  
A tiny pinch of salt

Place water in percolator and coffee

in perforated cup. Let percolate 12 minutes. Fill glasses with ice and insert silver knife to prevent glass from breaking when boiling coffee is poured on ice. Will serve eight.

### COCOA

Use heaping teaspoon of cocoa or grated chocolate and a teaspoon of sugar for each cup of cocoa desired, mix with enough water to make a paste, boil for five minutes, add one cup of milk, a pinch of salt and a few drops of vanilla for each cup; bring to the boiling point, beat vigorously, serve with or without whipped cream.

### EGG NOG

1 egg  
1 tablespoon sugar  
2 teaspoons vanilla  
Nutmeg or cinnamon  
1½ cups whole milk

Beat egg very light, add sugar, milk and vanilla, pour into a tall glass, sprinkle with spice and serve at once.

This recipe is for individual service. If desired 1 tablespoon cocoa mixed with sugar may be added.

Spoonful of jelly, left over. Or small amount of canned fruit, any kind.

Dissolve jelly in one cup boiling water, Add small amount of boiling water to the canned fruit juice and strain. By adding juice of one lemon this mixture makes a good variation from orange juice for breakfast.

### MAKING TEA

"Polly put the kettle on we'll all take tea."

One teaspoon of tea and one teacup of hot water is the usual allowance for each person. Of all cups that cheer there is nothing like the steaming hot cup of tea, made with boiling water in a thoroughly scalded tea-pot. Tea must always be put "to draw" never to boil. It should be allowed to steep for at least three minutes and must be kept very hot until served.

### ICED TEA

One teaspoon for each person to be served. Iced tea is best made of a combination of green and black tea or of the special ice-tea blend. Use enough hot water to cover the tea leaves well, allow to steep ten minutes, pour off and cool before adding ice and filling the glasses with cold water. It may be made in the morning and kept in the refrigerator for each day's use. May be served with thin slices of lemon or orange or with a sprig of mint.

### MINT JULEP

Boil 1 quart water and 2 cups sugar 20 minutes. Separate 12 large sprigs of mint in pieces, cover with boiling water and stand covered for 5 minutes. Strain and add to syrup.  
Add:

1 cup strained Loganberry juice

1 cup orange juice

Juice from 8 lemons

Chill and serve with ice, mint leaves and whole strawberries. It may be necessary to add more water to taste.

### FOUNDATION PUNCH

8 oranges

6 to 8 lemons

2 cups sugar

Water to make one gallon

Squeeze juice from fruit and strain. Make sugar into a syrup with 1 cup of the water. Cool. Combine sugar and fruit juice and remaining water. Pour a small quantity into the punch bowl, add a block of ice. Tea may be substituted for part of the water. Other fruit juices sweetened to taste may be added for variation. Various combinations are suggested below.

### STRAWBERRY PUNCH

1 part Foundation Punch

1 part fresh strawberry juice

A large proportion of canned strawberry juice may be used.

### RASPBERRY PUNCH

1 part Foundation Punch

1 to 3 parts raspberry juice

## For the Sick

*Dishes for invalids should be served in the daintiest and most attractive way; never send more than a supply for one meal; the same dish too frequently set before an invalid often causes distaste, when perhaps a change would tempt the appetite.*

*The seasoning of the food for the sick should be varied, according to the condition of the patient; one recovering from illness can partake of a small piece of roast mutton, chicken, rabbit, game, fish, simply dressed, and simple puddings are all light food and easily digested.*

*As a rule an invalid will be more likely to enjoy any preparation sent to him if it is served on a prettily appointed tray and food served in small portions.*

*There are many small dainty dishes, also various drinks, such as milk, mush, sweet wine, whey and egg drinks.*

### CEREALS

Coarse cereals containing whole or cracked grains, oats, wheat, rye. Granulated agar (purchased at drug stores) may be added to the cereal. Bran may be added to the cereal; also dates, figs or raisins may be added and add food value.

### MEATS

Crisp bacon, sometimes.

### CHICKEN BROTH

Boil the chicken slowly, putting on just enough water to cover it well, watching carefully that it does not boil down too much. When the chicken is tender, season to taste. The yolk of an egg beaten light and added is very nourishing.

### HEALTH CAKE

4 egg yolks  
1 lb. sugar, beat to froth  
4 cups nuts ground (any kind)  
1 lb. carrots, grated  
2 heaping tablespoons flour  
Grated rind and juice of a small lemon  
2 tablespoons baking powder

Beat whites of eggs, mix and place in buttered pan. Bake  $\frac{3}{4}$  hour. Set pan in another pan of water to bake.

### PUREE FRESH VEGETABLES

3 or 4 carrots, wash and slice  
3 or 4 stalks celery and leaves, wash and slice  
1 cup peas, fresh or canned

May add a few leaves of lettuce or a bunch of spinach,

One quart cold water, bring to a boil then simmer for half hour until tender, mash with potato masher then rub through wire sieve. Add tablespoon butter and enough water or cream to make one pint. Serve hot.

### DIET LISTS

#### Laxative Diet

1. Fruits, practically all fruits, especially dates, raisins, figs, prunes, apples, pears, melons, oranges, lemons, limes, grapefruit. Exceptions are blackberries, strawberries, raspberries and grapes.

2. Green vegetables, especially celery, cabbage, spinach, onions, carrots, asparagus, cauliflower, turnips, green beans.

#### Liquid Diet

Liquid Diet includes fruit juices in water, broths, beef extract, clear soups from vegetables, gruels. Frozen fruit juices and plain gelatine with or without fruit juices. It is wise to refer this list to the physician for his approval for the patient.

#### Light Diet

Light Diet includes liquid plus milk in vegetable soups, egg-nogs, milk, cocoa, junket, Bavarian sponge, fruit whip, prune or pineapple, ice cream.

#### Soft or Semi-Liquid Diet

Soft or semi-liquid diet includes the above plus custards, cream toast, corn starch puddings, cottage cheese, egg

dishes, soft cooked egg or coddled. Vegetables put through a sieve and strained cereals, chicken, white fish, brains are sometimes included.

### RAW EGG WITH WHIPPED CREAM

Separate an egg, beat white until stiff, add yolk and beat until well mixed with white, add two tablespoons of whipped cream, a little salt, beat thoroughly and serve.

### EGG GRUEL

Beat the yolk of an egg with one tablespoon of sugar; pour one teacup of boiling water on it; add the white of an egg, beaten to a froth, with any seasoning or spice desired. Serve warm.

### HOT EGGNOG

1 egg  
 $\frac{3}{4}$  cup whole milk  
 2 level teaspoons sugar  
 Vanilla or other flavoring to taste  
 A few grains of salt

Separate egg, whip white until dry, add egg yolk and whip until well blended, add sugar, flavoring and salt, mix well. Heat (but do not boil) milk, add to egg mixture stirring constantly; pour into well-heated glass goblet, and serve at once. A little nutmeg may be sprinkled over top if desired. This is especially good in many cases of stomach trouble.

### TAPIOCA JELLY

Soak a cupful of tapioca in a quart of cold water, after washing it thoroughly two or three times; after soaking three or four hours simmer it in a stew pan until it becomes quite clear, stirring often. Add the juice of one lemon, and a little

of the grated rind, also a pinch of salt. Sweeten to taste.

### FRUIT LAXATIVE

1 pound (seeded) raisins  
 1 pound (seeded) prunes  
 $\frac{1}{2}$  pound apricots (dried)  
 $\frac{1}{2}$  pound figs  
 $\frac{1}{2}$  ounce senna leaves

Put all through the food grinder twice. Mold into balls the size of chocolate drops and put in empty chocolate containers and keep box in a cool place. Take one ball at night and drink a glass of water. May repeat the dose next morning if necessary.

### HEALTH PUDDING

$\frac{1}{2}$  cup flour  
 1 cup sugar, sifted  
 4 egg yolks  
 2 cups milk; beat with sugar  
 2 tablespoons melted butter

Mix flour, sugar and juice of one lemon and grated rind. Beat whites and mix in last. Bake in a shallow buttered pan placed in another pan with water. Bake slow.

### HEALTH SPINACH PUDDING

Three bunches spinach (or 1 pound). Clean, boil in salt water a few seconds, strain and put through meat grinder. Soak 4 pieces of bread or buns in warm milk to cover until soft, then put these through meat grinder. Cut small pieces of bacon fine, one small onion, small bunch of parsley and grind all, then add one heaping tablespoon flour, yolks of two eggs, salt and pepper to taste. Beat whites of eggs stiff, stir all together, place in double boiler, boil  $1\frac{1}{2}$  hours. Turn out and serve hot.

*The*  
**Exchange National Bank**  
 Hutchinson, Kansas

*Established 1897*



Thirty-six Years of Successful and Conservative  
 Banking



Capital and Surplus . . . . . \$225,000

### Birth Stones

January—Garnet	Constancy and Fidelity
February—Amethyst	Sincerity
March—Bloodstone	Courage, Presence of Mind
April—Diamond	Innocence
May—Emerald	Success in Love
June—Pearl	Health, Long Life
July—Ruby	Contented Mind
Aug.—Sardonyx	Conjugal Felicity
Sept.—Sapphire	Wisdom
Oct.—Opal	Hope
Nov.—Topaz	Fidelity
Dec.—Turquoise	Prosperity

### Wedding Anniversaries

#### At the End of

First year	Paper
Second year	Cotton
Third year	Leather
Fifth year	Wooden
Seventh year	Woolen
Tenth year	Tin
Twelfth year	Silk and Linen
Fifteenth year	Crystal
Twentieth year	China
Twenty-fifth year	Silver
Thirtieth year	Pearl
Fortieth year	Ruby
Fiftieth year	Golden
Seventy-fifth year	Diamond

# Budgeting

*"Economy no more means saving money than it means spending money; it means administration of a house; its stewardship, spending or saving, whether money or time or anything else, to the best possible advantage."*

—RUSKIN.

## A Happy Home Plan

Social workers have found out that disputes about money form one of the principal causes for unhappy homes, just as money worry in general is a main cause of personal misery. On the other hand, they have found out that the making of a family budget and the keeping of simple household accounts by the woman of the home makes for all-around contentment and happiness.

## Budget Will Stop the Leaks in Your Income

When you let Budget manage your income you are laying out a map of every probable expenditure for a whole year. You see clearly how much you can spend for shelter, for food, for clothing, for insurance, for education and recreation; then you know how much you can devote to investments.

*Planning ahead is the surest way of getting ahead.*

## How to Budget Your Income

Make a list of all your expenses under the general headings:

1. *Food* (includes all food, ice, milk, etc.).

2. *Shelter* (which includes rent, or if the house is owned, taxes, interest on mortgage, repairs and upkeep of house).

3. *Clothing*.

4. *Operating Expenses* (which includes heat, light, laundry, telephone, household supplies, replacement of equipment, maid service, household help, etc.).

5. *Life Insurance* (guarantee of fixed income after earning power has ceased).

6. *Development* (which includes medical attention, education, church, charity, gifts, recreation, automobile, vacations, travel, club and lodge dues, entertaining, books and music).

7. *For Investment* (bonds, building and loan society, savings bank or business).

A very simple and balanced division of the family income is the following: Food 20%, shelter 20%, clothing 12½%, operating 20%, insurance 5%, development 15%, investment savings 7½%.

## BUDGET GUIDE FOR COUPLES

The following figures are merely suggestive, and deal with average conditions:

Income per Month	\$100	\$150	\$200	\$300
Savings	10	20	35	60
Food	27	40	42	50
Shelter (Unf. Unheat.)	30	40	50	75
Clothing	15	25	30	50
Operating	10	14	23	35
Advancement-Recreation	8	11	20	30
Totals	\$100	\$150	\$200	\$300

## THREE IN FAMILY

Income per Month	\$100	\$150	\$200	\$300
Savings	4	15	25	50
Food	32	40	50	65
Shelter (Unf. Unheat.)	30	40	50	70
Clothing	20	25	35	50
Operating	10	17	20	35
Advancement-Recreation	4	13	20	30
Totals	\$100	\$150	\$200	\$300

## FOUR IN FAMILY

Income per Month	\$125	\$150	\$200	\$250
Savings	5	9	20	35
Food	40	47	53	60
Shelter (Unf. Unheat.)	32	40	50	60
Clothing	25	28	40	50
Operating	16	18	20	25
Advancement-Recreation	7	8	17	20
Totals	\$125	\$150	\$200	\$250

## The Ten-Point Success Creed!

1. Work and Earn.
2. Make a Budget.
3. Record Expenditures.
4. Have a Bank Account.
5. Carry Life Insurance.
6. Own Your Home.
7. Make a Will.
8. Invest in Safe Securities.
9. Pay Bills Promptly.
10. Share With Others.

## Household Hints

*Make cooking a pleasure, By giving good measure,  
Of self, the best of the meal; When working, keep smiling  
While you are beguiling with patience, Those who you serve.  
Fill every meal's measure, With kindness and pleasure.  
Mixed with a joyous and hearty good will.*

—MRS. L. L. WILSON.

Arranged by MRS. H. G. SHEELY

Wrap silverware pieces in large sheets of waxed paper, and they will not tarnish. Fold and pin the edges so that there are no openings for air to enter.

### THE SILVERFISH MOTH

This insect is a small, silvery, shining moth, which lives among papers. It always shuns the light, and runs very rapidly to a place of concealment. It eats papers, starched clothing and silks, also leather bindings of books.

To exterminate, sprinkle Pyrethrum Powder on the material being destroyed. Red ants are driven away by a generous sprinkling of powdered cinnamon.

### CARPENTER ANTS

To protect houses against Carpenter Ants, use only foundation timbers which have been saturated with creosote.

When timber is infested by ants, they may be destroyed by using an abundance of kerosene.

All timbers weakened by ants, should be replaced by timbers protected with creosote.

### HOMEMADE SOAP

- 5 lbs. grease
- 1 lb. powdered concentrated lye
- 1½ lbs. boiling water
- 3 tablespoons of aqua ammonia
- 1 tablespoon of borax (heaping)

Pour water on lye, add ammonia and borax. Let it stand until cool, then add strained, melted grease and stir until thoroughly mixed and as stiff as pudding.

Pour into long pasteboard boxes, and when it is cool enough cut into squares. The measurements must be exact. This soap will be as white and as mild as Ivory Soap.

### FURNITURE POLISH

Six ounces linseed oil, six ounces turpentine, and six ounces vinegar.

### TO MEND CHINA

Take a very thick solution of gum arabic in water, stir it into plaster of paris until the mixture becomes the consistency of cream, apply with brush to the broken edges and join together. In three days the article cannot be broken in the same place.

### WEIGHTS AND MEASURES

- 1 heaping tablespoon sugar—1 oz.
- 2 heaping tablespoons spice or flour—1 oz.
- 4 tablespoons of liquid—1 oz.
- 1 tablespoon of soft butter—1 oz.
- 2 level coffee cups of sugar—1 lb.
- 2 level coffee cups of raisins—1 lb.
- 3½ level coffee cups of corn meal—1 lb.
- 1 qt. sifted flour—1 lb.

### STAIN REMOVERS

#### Fruit Stains

Pour boiling water through the stain. Peach stain may be removed by allowing the article to freeze.

#### Ink

Lighten in sour milk or use lemon juice and salt.

#### Medicine

Soak in alcohol.

#### Iodine

Soak in saturated or dilute solution of lye.

#### Blood, Cream or Eggs

Wash in cold water first.

#### Paint

Use turpentine on delicate materials. Use chloroform on dried paint. Use equal parts of ammonia and turpentine.

#### Iron Rust

Use lemon juice and salt in sunlight.

#### Grass Stain

Boil in water, or use alcohol or kerosene before washing.



Wash thoroughly in cold water and then peel with a sharp knife.

Use a sharp knife to cut the skin.

Use a sharp knife to cut the skin.

To clean cauliflower, wash in cold water and then peel with a sharp knife.

Use a sharp knife to cut the skin. When the skin is cut, the cauliflower will be clean.

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Soak carrots, then boil. When tender, add cold water and the skins may be peeled off easily, just like the skins on peels.

To cook strong flavored vegetables. Add one teaspoon baking powder to cabbage, cauliflower, etc., and cook uncovered. Less odor will be noticeable.

Onions peeled under water and from the root end upward will not affect the eyes.

To separate a head of lettuce. When the leaves are tightly grown together, hold under running water. The force of the water separates without breaking apart, or drop into a pan of water for a few minutes.

To prevent nuts and fruits from sinking in cakes. Heat before rolling in flour and adding to the cake batter.

To prevent filling from soaking in the crust. Dust over bottom crust with a mixture of flour and sugar before adding fruit or other filling or add 1 tablespoon of minute tapioca.

*Christine*  
*Powdered Sugar*  
*Vanilla*  
*Cocoa*

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